

EXPEDITIONARY TIMES

Proudly serving the finest expeditionary Servicemembers throughout Iraq

www.dvidshub.net (search phrase: Expeditionary Times)

Vol. 2, Issue 15

On The Web

3^d ESC, CORE launch new Website to tell the Sustainer story

Page 8

Legal Rights

Understanding the Service member's Civil Relief Act

Page 11

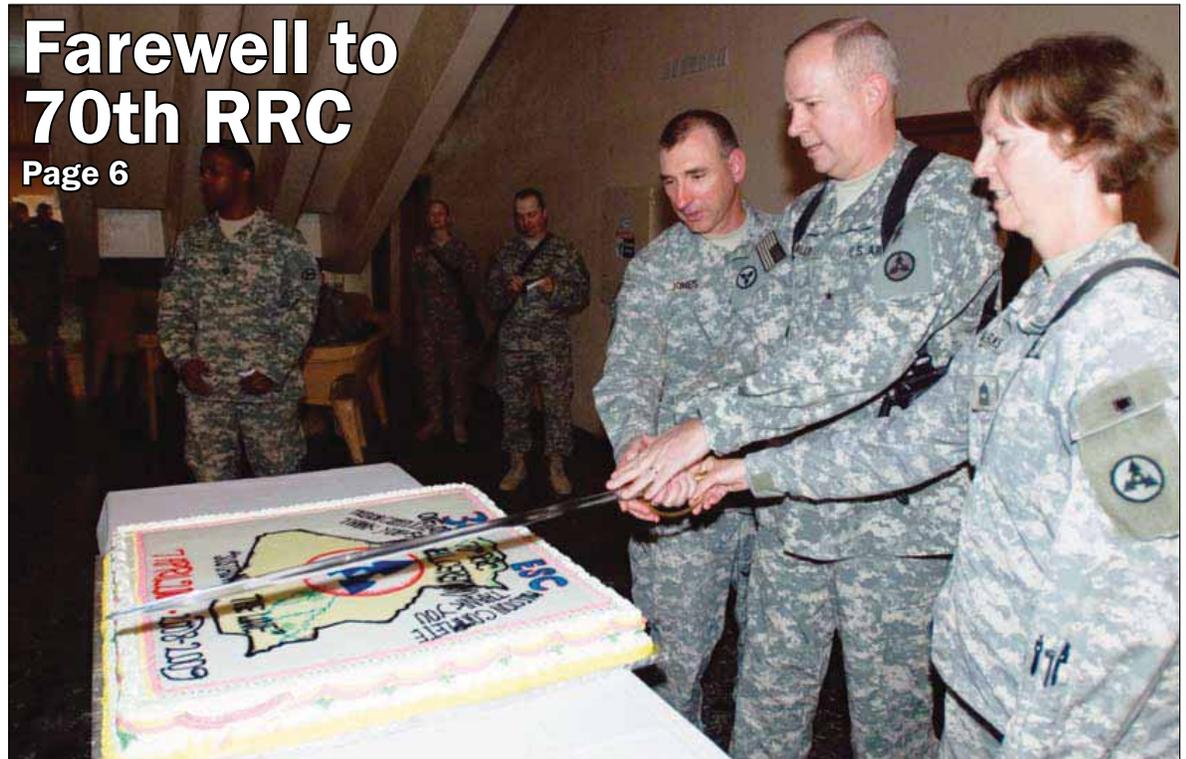
Share The Road

Texas ARNG Soldiers drive with caution in Anbar province

Page 12 - 13

Farewell to 70th RRC

Page 6



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

Brig. Gen. Michael J. Lally, 3^d Sustainment Command (Expeditionary), commanding general, and 70th Regional Readiness Command's, Lt. Col. Douglas E. Jones, a Wenatchee, Wash., native and 3^d ESC force protection officer in charge and Master Sgt. Carri Marks, an Everett, Wash., native and 3^d ESC force generation/transition cell noncommissioned officer cut a cake to mark the end of the 70th RRC deployment at Joint Base Balad, Iraq during the 70th RRC end-of-tour awards ceremony, April 7. The 70th RRC was replaced by the 63rd RRC to support the 3^d ESC mission.

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 until 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: Master Sgt. Katrina Martin at katrina.martin2@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.

Sustainment brigade passes the reins at Al Asad

BY STAFF SGT. TONYA GONZALES AND SPC. AMANDA TUCKER
EXPEDITIONARY TIMES STAFF

AL ASAD AIR BASE, Iraq – The 371st Sustainment Brigade, an Army National Guard unit from Kettering, Ohio, transferred authority to the 321st Sustainment Brigade from Baton Rouge, La., during a ceremony here April 9.

Brig. Gen. Michael J. Lally, 3^d Sustainment Command (Expeditionary), commanding general, addressed the 371st Sust. Bde. “you found yourself responsible for supporting over 22,000 service members across western Iraq,” he said. “The Soldiers of the 371st Sustainment Brigade took this mission in

stride [with] quiet professionalism and ran with it.”

As part of the 3^d ESC, the 371st Sust. Bde.'s mission was to provide command and control, and manage the supply and distribution of all classes of supply as well as provide maintenance and convoy security support to Coalition forces in Multi-National Force-West.

“The Soldiers were fantastic,” said Command Sgt. Maj. William A. Myers, the 371st Sust. Bde. senior noncommissioned officer. “They may have had a little bit of trepidation in the beginning but as they grew into the job, I think they realized how great their abilities were and their confidence grew into a much more confident Soldier.”

Since arriving in July 2008, the 371st Sust. Bde. partnered with the Iraqi Army and led the way in mentoring and providing logistics training to Iraqi

Security Forces while driving towards logistical self-sustainment. Additionally, the brigade contributed to the Iraqi civil capacity - teaming with the Iraqi Transportation Network and local communities in Anbar province.

In nine months, units under the 371st Sust. Bde., executed more than 4,400 convoys, totaling more than 29-million vehicle miles; issued more than 151-million gallons of fuel with an average of 16.8 million gallons per month.

The incoming Army Reserve 321st Sust. Bde., will continue to provide their logistical expertise in supporting Coalition forces in Anbar province.

Col. Samuel R. Bethel, the 321st Sust. Bde., commander and Independence, Mo., native, said his goal is to continue providing logistics operational support to Coalition forces while

working towards a responsible withdrawal.

“Generally speaking they're hyped,” Bethel said about his Soldiers. “They have a good mission. They've been trained for it. Overall I'd say they're real excited about the prospects of coming over here and doing good things.”

Along with Soldiers from each brigade, leaders in attendance were: Lally, the 3^d Sustainment Command (Expeditionary), commanding general; Col. Daniel L. Tack, the 371st Sust. Bde. commander; Bethel, the 321st Sust. Bde. commander; Myers, the 371st Sust. Bde. senior noncommissioned officer and Command Sgt. Maj. Darrell Minix, the 321st Sust. Bde. senior noncommissioned officer.

The 321st Sust. Bde. will execute their responsibilities here for 10 months and are scheduled to redeploy in January 2010.



332 ESFS Blotter

April 1 – 7

LOST PROPERTY:

A victim entered the law enforcement desk and reported losing his property. The victim had grounded his gear and exited the area for approximately ten minutes. The victim returned and noticed his property missing. The victim searched all areas with negative results.

MINOR VEHICLE COLLISION

A reporting party telephoned the law enforcement desk and stated a vehicle collision had occurred. Security forces arrived on scene and made contact with the driver of one of the vehicles. The driver had parked his vehicle in front of the MWR facility and left his vehicle running when he exited. When the driver returned to his vehicle he noticed his vehicle had moved forward striking another vehicle. The second vehicle operator stated he parked his vehicle in front of his residence and went inside. He stated that while in his residence he heard a loud crunching sound and went to find a vehicle had struck his vehicle on the driver side.

UNAUTHORIZED PHOTOGRAPHY:

A security forces patrol was driving by a flight line entry control point when he passed a person taking photos in the direction of the flight line. The patrol made contact with the individual and inquired if he had a memorandum authorizing him to have a camera and take pictures. The individual did not have any proper authorization documents and stated his supervisor told him to take photos of himself and his co-workers to prove they were working. Security forces seized the camera.

NIPR- 443-8602

SIPR- 241-1171

Email- PMOdesk@iraq.centcom.mil

WHO WOULD YOU RATHER HAVE ON YOUR TEAM?

• **POPPED HOT ON
DRUG TEST**

• **RECEIVED
NUMEROUS AWARDS**

• **MADE SPECIALIST
TWICE**

• **PROMOTED AHEAD
OF PEERS**

• **FREQUENTLY LATE
OR HUNGOVER**

• **ALWAYS GETS THE
JOB DONE**

• **RECEIVED DUI**

• **HIGHLY RESPECTED**



ALCOHOL AND DRUG ABUSE WILL IMPACT
YOUR LIFE, MISSION READINESS, YOUR TEAM
AND THE ARMY.



For more information visit the website at www.acsap.army.mil



EXPEDITIONARY TIMES

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

Expeditionary Times is authorized for publication by the 3^d Sustainment Command (Expeditionary). The contents of the Expeditionary Times are unofficial and are not to be considered the official views of, or endorsed by, the U.S. Government, including the Department of Defense or Operation Iraqi Freedom. Expeditionary Times is a command information newspaper in accordance with Army Regulation 360-1 and reviewed by the ESC G2 for security purposes. Expeditionary Times is published weekly by the Stars and Stripes central office, with a circulation of 5,000 papers. The Public Affairs Office is located on New Jersey Ave. Building 7508, DSN 318-433-2154. Expeditionary Times, HHC 3^d ESC, APO AE 09391. Web site at www.dvidshub.net

Contact the Expeditionary Times staff at:
expeditionarytimes@iraq.centcom.mil

Managing Editor

Maj. Paul Hayes, 3^d ESC PAO
paul.r.hayes@iraq.centcom.mil

3^d ESC PAO NCOIC

Sgt. 1st Class David McClain, 3^d ESC
david.mcclain@iraq.centcom.mil

3^d ESC Staff Writers

Spc. Michael Behlin, 3^d ESC
michael.behlin@iraq.centcom.mil

Spc. Amanda Tucker, 3^d ESC
amanda.tucker@iraq.centcom.mil

3^d ESC G2, Security Manager

Lt. Col Dale Davis, 3^d ESC
dale.davis@iraq.centcom.mil

123rd MPAD Commander

Maj. Christopher A. Emmons
christopher.emmons@iraq.centcom.mil

123rd MPAD First Sergeant

1st Sgt. Reginald M. Smith
reginald.m.smith@iraq.centcom.mil

123rd MPAD Production Editor

Staff Sgt. Tonya Gonzales
tonya.gonzales@iraq.centcom.mil

123rd MPAD Layout and Design

Spc. Mario A. Aguirre
mario.aguirre@iraq.centcom.mil

123rd MPAD Photo Editor

Spc. Brian A. Barbour
brian.barbour@iraq.centcom.mil

123rd MPAD Staff Writers

Sgt. Crystal G. Reidy
crystal.reidy@iraq.centcom.mil

Sgt. Alexander Snyder
alexander.snyder@iraq.centcom.mil

Spc. Kiyoshi C. Freeman
kiyoshi.freeman@iraq.centcom.mil

Contributing Public Affairs Offices

10th Sustainment Brigade
16th Sustainment Brigade
287th Sustainment Brigade
304th Sustainment Brigade
371st Sustainment Brigade
555th Engineer Brigade
332nd Air Expeditionary Wing

For online publication visit
www.dvidshub.net;
keyword: Expeditionary Times

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

Chaplain's Corner

*"Yesterday is history. Tomorrow is a mystery.
And today? Today is a gift. That's why we
call it the present."*

-Babatunde Olatunji

Imagine what it would be like if every day were Christmas. Imagine getting up every morning and finding a big box with shiny wrapping paper and your name written on the label. Imagine that inside the box there was a gift of twenty four hours, untouched, brand new, waiting to be used to the fullest.

Very few people realize what a gift today really is. Instead, we drag ourselves out of bed in the morning and complain about how much work we have to do, or how bored we are, or that nobody cares about us or that life isn't fair.

The truth is that each day starts out the same for every person. We all begin with a gift of 24 "never been used" hours. The question we must answer is this: "What will we do with this wonderful gift?" Will we fritter it away throughout the day on meaningless activities or will we invest it wisely in the things that matter most?

Life is too short to waste time, too short to be filled with bitterness, too short to complain about what might have been. We cannot get yesterday back. We don't have the guarantee of tomorrow. All we have is today and yet that is more than enough.

Today we can thank God for the precious gift of time. Today we can tell someone that we love them. Today we can go to work and give it our very best shot. Today we can enjoy the company of friends. Today we can celebrate all that is good. Today we can unwrap a beautiful gift and start to really live. Today.

*Submitted by CH (CPT) Peter Strong
Brigade Chaplain, 304th Sustainment Brigade*

"How to nominate a Hooah of the Week"

The "Hooah of the Week" program is a recognition and reward for excellence in the 3^d Sustainment Command (Expeditionary) at Joint Base Balad. It is for any Soldier, Airman, Marine, Sailor or Coast Guardsmen assigned or attached to the Headquarters and Headquarters Company, 3^d ESC. Brig. Gen. Michael J. Lally, 3^d ESC commanding general and Command Sgt. Maj. Willie C. Tennant Sr., 3^d ESC command sergeant major, choose the "Hooah Soldier" each week.

The awardees are recognized at the end of the battle update assessment, or the BUA, on Thursdays and presented:

- Certificate of Achievement
- CG's coin
- 3^d ESC T-shirt
- Telephone calling card
- One day off (coordinated with the Soldier's leadership)
- A privilege to drive or ride in an MRAP
- A telephone interview opportunity by a radio station in his/her hometown

Nominations must be turned in to Sgt. 1st Class Caprice Walker by 1:00 p.m. on Wednesdays.

For any questions, to request a nomination form or to submit a service member's name for nomination, e-mail: caprice.walker@iraq.centcom.mil.

If other units within the 3^d ESC have a similar program, feel free to submit photos of your award winners with photo captions via e-mail for publication to: expeditionarytimes@iraq.centcom.mil



Tune In To

BALAD AND BEYOND

Telling the Sustainer Story from all across Iraq

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

Or log on to
www.dvidshub.net

keyword: Balad and Beyond



Iraqis provide new line of security for JBB

BY STAFF SGT. JOHN GORDINIER
332nd AEW Public Affairs

JOINT BASE BALAD, Iraq -- Another layer of outer perimeter security was added here April 1 to help protect the men and women of JBB, and the new initiative is staffed by more than 100 local Iraqis from the surrounding area.

"This contract is a first of its kind," said Lt. Col. Raymond Reyes, JBB Regional Contracting Center commander. "Putting a requirement to employ 80 percent of the contractor's workforce from the local area is an innovative contracting solution to implementing the Joint Campaign Plan.

"This is a tremendous boost to the Iraqi First program," he continued. "It provides economic opportunities in the Diyala and Salh ah-Din provinces while providing our Coalition forces the added force-protection measures we need."

The initiative, which included certification training, improves perimeter and checkpoint security from vehicle-borne improvised explosive devices and insurgents as well, said Maj. Scott Selchert, 332nd Expeditionary Security Forces Group plans and programs chief.

"We are attempting to give some ownership of security back to the people who live in the local area because they have a vested interest in JBB," Selchert said.

"In my opinion, the Iraqis are highly motivated to work and succeed," added the Chippewa Falls, Wis., native deployed here from Onizuka Air Force Station, Calif. "There were 114 jobs offered in the contract and more than 300 applied."

Boosting the local economy and the base's security, this multi-faceted approach is expected to significantly reduce the risk of IED attacks against JBB.

"I am very proud of this job because I am able to provide security to my people while cooperating with U.S. forces," said Arafat, one of the Iraqi security supervisors, via an interpreter. "I was trained on how



U.S. Air Force photo by Tech. Sgt. Lionel Castellano

An Iraqi screener searches a local national before entering JBB at the base perimeter April 1, the first day a new security initiative took effect here. More than 100 Iraqis from the surrounding area now serve as vehicle and pedestrian screeners around the perimeter of JBB to reduce the risk of improvised explosive devices attacks against JBB.

to search vehicles and personnel; then I trained my team."

Many of the Iraqis are former Iraqi Army, and, on the first day, they marched in formation to work, Selchert said. Part of the requirement for the job was a uniform and some had to spend a month's pay to get it.

Overall, the contractor, who was awarded the contract Feb. 3, exceeded the 80-percent requirement and employed 100-percent Iraqis, Colonel Reyes said. The initiative also includes women.

"I have no doubt in my mind that they are mission-ready, mission-capable and ready to go right now," Selchert said. "Absolutely, this is a step forward."

Communications Airmen support detainee task force

BY STAFF SGT. TIM BECKHAM
Baghdad Media Outreach Team

CAMP VICTORY, Iraq -- It has been said communication is key to a successful mission, and a few communications (J6) Airmen are using their expertise to support Task Force 134 here.

As members of a task force charged with Iraqi detainee operations, Staff Sgt. Michael Wiley, Task Force 134 system administrator; Tech. Sgt. Matthew Reyes, J6 Task Force 134 NCO-in-charge, and Capt. Andrew Miller, J6 Task Force 134 deputy, ensure the lines of communications stay open between all members of the task force.

"Basically, we maintain the systems and make sure all the networks are up," said Sergeant Wiley, who is deployed from Randolph Air Force Base, Texas, and is a native of San Antonio. "We support the whole task force and their comm systems and make sure they can access detainee records and any other information they might need."

"That includes repairing computers, troubleshooting issues and infrastructure problems, and investigating new projects," added Reyes, who is deployed from Edwards AFB, Calif., and is a native of Sacramento, Calif.



U.S. Air Force photo by Senior Airman Jacqueline Romero

Tech. Sgt. Matthew Reyes, J6 Task Force 134 NCO-in-charge, uses a flute tester and a toner kit to test the connectivity of the network at their facility at Camp Liberty, Iraq, April 1. Reyes is deployed from Edwards Air Force Base, Calif.,

The Task Force 134 mission is a joint effort between the Army, Navy, Air Force, Marines and civilian contractors and would be dramatically impacted without the communications Airmen, said Army Lt. Col. John Johnson, J6 Task Force 134 commander.

"The Air Force communications personnel definitely bring a unique and technical expertise," he said. "Their knowledge management and Share-

Point knowledge is very beneficial.

"The detention ops mission itself influences missions all across the Iraqi battlespace, and the mission is very important and the communication functions we provide are also very important all the way up to the Multi-National Corps-Iraq level."

Not only do these Airmen provide day-to-day communications support for Task Force 134 members at detain-

ee facilities all across Iraq, but they are also teaching.

The Airmen teach future Iraqi correctional officers state-of-the-art software applications to help them be more successful when they eventually take over the mission.

"Some of the unique projects we are working on now is the development of correctional information systems that have never been seen before," said Col. Johnson, who is deployed from Fort Monroe, Va., and is a native of Yorktown, Va. "One of which is the Iraqi Corrections Information System, which is a brand-new piece of software.

"This system is going to allow us to teach the Iraqis to use biometric detainee management systems," Johnson continued. "We have already fielded this system at three sites, and we have begun teaching Iraqi correctional officers how to use the system."

"What we are doing to support the transition to the Iraqis is building systems for them that they can use to take over the mission themselves in tracking detainees from initial capture and release to long-term management," said Capt. Miller, who is deployed from Royal Air Force Lakenheath, England, and is a native of Gettysburg, Pa.



Sexual Assault Awareness Month – April 2009

As the Army launches Phase II “Army Wide Conviction” of our “I. A.M. Strong” Sexual Harassment and Assault Prevention Campaign, we recognize Sexual Assault Awareness Month.

American Soldiers are a band of brothers and sisters, bound by common values, with duty and loyalty to each other that sets them apart from society. It is in this context that the Army considers the crime of sexual assault and the offense of sexual harassment. It is the duty of every Soldier to intervene and prevent such incidents before they occur in order to protect their teammates. Soldiers who commit the crime of sexual assault not only betray their victims, they violate the sacred trust of their fellow Soldiers who count on them. Sexual assault violates the very essence of what it means to be a Soldier.

The cornerstone of the Army’s prevention effort is the “I. A.M. Strong” campaign where the letters *I, A, and M* stand for Intervene – Act – Motivate. Leaders, Soldiers, and Civilians across the Army are employing “I. A.M. Strong” initiatives to proactively engage as role models who personally take action and address any behavior which can lead to sexual assault.

In our ongoing effort to rid sexual assault from the Army, our Criminal Investigation Command (CID) and our Office of the Judge Advocate General have taken new measures to support victims and hold offenders accountable. We’ve hired national experts in the field of prosecution and investigations. Additionally, we’ve hired and placed 30 special investigators and 15 prosecutors at Army installations with the highest occurrences of sexual assault. We’ve also hired 35 examiners at the U.S. Army Criminal Investigation Laboratory. Finally, we’ve funded specialized training with the National Advocacy Center for our prosecutors and established a mobilized investigation training team to train all CID Battalions. These additional resources will augment our current capabilities, establish a special victims’ approach in handling sexual assault cases, and reinforce our commitment to accountability.

We encourage all Army community members to take part in Sexual Assault Awareness Month observance activities. In doing so, we can set the standard of conduct within our community, create a positive climate that includes a culture of intervention, and ensure the safety of all our members.

Kenneth O. Preston
Sergeant Major of the Army

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

Pete Geren
Secretary of the Army

A Soldier's return to Iraq finds dramatic improvement on the roads of Iraq

Editors Note: This article is part of a larger "Then and Now" series.

BY CAPT. MIKE VINCENT
UPAR, 1st Bn., 161st Inf. Regt.,
304th Sust. Bde.

JOINT BASE BALAD, Iraq -- "In 2004, we were conducting an outer perimeter patrol just outside of Al Ameria when we came across an Iraqi man flagging us down. Through our interpreter, we discovered the neighborhood generator was down and needed some repairs. We went back to our company area and grabbed our generator mechanic and repaired their generator. The neighborhood elder was very grateful and from that moment on, the attitude of the local neighborhood changed. From then on we actually saw a reduction of attacks and hostility towards us in that area," said Staff Sgt. Mathew T. Stayrook of Kennewick, Wash., recall-

ing a moment when he first saw some stability and success in Iraq.

Stayrook, a veteran of Operation Iraqi Freedom, is currently serving his second tour in Iraq as a convoy security commander with Delta Company, 1st Battalion, 161st Infantry Regiment. Stayrook witnessed first-hand some dramatic changes in the life and security of Iraq.

From Stayrook's perspective, much has changed in Iraq since 2004 and the Coalition's efforts have had a significant effect on stability.

"This tour in Iraq, I see a lot more of the country than I did then," said Stayrook. "Every day I go out, I see less trash on the roads, more new roads and paving, new barriers and medians being built, improved buildings and homes. These kinds of things aren't possible without better security and an organized government with better resources."

Stayrook has seen dramatic im-

provements in the Iraqi army and Coalition forces.

"Back then, the Iraqi army would do a patrol with us in support and they were sloppy and lacked discipline," Stayrook said. "Today..., the Iraqi army is courteous when they interact with us. They look and act professional and they're accommodating to our convoys and operations. I think they recognize the big picture and the benefits of good relations with the United States."

Stayrook still sees many challenges ahead for the Iraqi government and the Iraqi people.

"Since the Security Agreement, it seems there hasn't been an increase in violence. Where the Iraqi army and police have taken over, it seems attacks are down and things are running smoothly," Stayrook said. "The challenges are not so much for the Iraqi army or police; the real challenge is going to be for the Iraqi government. If they can put their differences aside

and work for the good of the country and not for their individual interests, I think in time it will all work out."

"I recall a day at PB (patrol base) Love utilizing the range for crew-served and small arms training. There were several Iraqi soldiers there who shared several stories with us of their missions and also let us shoot their AK-47's," Stayrook continued. "I was glad to see that they were much more disciplined and knowledgeable than the Soldiers I had encountered back then. Although they like working with the Americans they felt prepared to shoulder responsibility for Iraqi security. I can tell you I agree with them, but time will tell."

Stayrook said he is now half way through his second tour and most likely, his last in Iraq. He looks forward to returning home to his wife, Amy, and their four children. The first thing Stayrook said he will do when he gets home is, "I'm going to Disneyland!"

Sustainers bid farewell to 70th RRC

BY SPC. MICHAEL BEHLIN
Expeditionary Times Staff

JOINT BASE BALAD, Iraq – Soldiers of the 70th Regional Readiness Command received their end-of-tour awards honoring their service and accomplishments during a ceremony here, April 7.

The ceremony marked the end of the 70th RRC Soldier's deployment in support of Operation Iraqi Freedom as they redeployed back to their home base of Fort Lawton, Wash.

Presiding over the ceremony was 3^d Sustainment Command (Expedition-

ary) Commanding General, Brig. Gen. Michael J. Lally, who presented the Soldiers awards and thanked them for their service.

"Normally, when I give remarks like this, (when) we're doing a transfer of authority or a change of command one unit leaves, another enters," said Lally. "Today is a little different. Today instead of saying farewell to a unit, we're saying farewell to part of our own team."

"Each one of you took your own individual competence and helped us form a highly effective team that is recognized across Iraq for our professionalism, competence and ability to get the job done to high standards," Lally continued. "Be proud of your accomplishments."

The various awards Lally presented to the 70th RRC Soldiers included the Bronze Star Medal, Meritorious Service Medal, Army Commendation Medal, and Army Achievement Medal. Lally also presented Soldiers who excelled in volunteering with various organizations on JBB, the Outstanding Volunteer Service Medal.

The 70th RRC Soldiers came from many different states and civilian career fields when they joined the 3^d ESC here. In fact, many 70th RRC Soldiers joined the 3^d ESC during their training exercises at Fort Campbell and Fort Knox, Ky., which began the integration process for the units.

Lally said that throughout their deployment, the 70th RRC Soldiers were

responsible for helping to ensure command and control of five brigades, totaling 17,000 Soldiers, Sailors, Airmen, and Marines. He mentioned that some were even in charge of staff sections, and led them skillfully.

All in all, the Soldiers themselves were pleased with their hard work and proud of their accomplishments.

"It was a remarkable time that we spent here and I saw a lot of change," said Lt. Col. Douglas Jones, a Wenatchee, Wash., native who served as the 3^d ESC force protection officer in charge. "We've seen a huge decline in attacks against our convoys and that was a very good thing to see in our time here."

SAFETY

DON'T MODIFY YOUR WEAPON

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 online: <https://www.logsa.army.mil/psmag/psonline.cfm>

Soldiers continue to try to improve their weapons by modifying them. They think they can come up with better ways to make their weapons work than can the Army's small arms experts.

That is a dangerous assumption. Putting an M4 buttstock on an M16 rifle, for example, can cause it to malfunction. You don't want that happening in the middle of a fire fight.

The **only** time a weapon can be modified is if the Army has approved a modification work order (MWO).

Para 3-1e in AR 750-10, *Army Modification Program*, makes this very clear: "Commanders will not allow their equipment to be modified unless there is an official MWO."

If you modify your weapon without authorization, you risk making it non-mission capable and you can be held responsible for any damage to it or your fellow soldiers.

If you want to help your weapon do its best, take care of it like its operator's TM tells you to. That's enough.

Convoy Soldiers get new gym and make time for fitness

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

CONTINGENCY OPERATING SITE MAREZ-EAST, Iraq—Soldiers of Bravo Battery, 2nd Battalion, 146th Field Artillery Regiment, Washington Army National Guard, under the 18th Combat Sustainment Support Battalion here, have a new

company gym.

All Gain, No Pain

BY KEITH HAURET AND DAVID SWEDLER

Editor's Note: This article on sports injuries prevention is by the Injury Prevention Program, U.S. Army Center for Health Promotion and Preventive Medicine, Aberdeen Proving Ground, Md.

Sports and recreational activities help Soldiers achieve and maintain a high level of physical fitness. Many of these activities, however, carry some degree of injury risk or hazard. Each year, Soldiers are injured, some fatally, while exercising or participating in sports or other recreational activities. Fortunately, many of these injuries can be prevented.

In 2007, sports participation was the third-leading cause of injury hospitalizations for Soldiers. In field investigations conducted by the U.S. Army Center for Health Promotion and Preventive Medicine's (USACH-PPM) Injury Prevention Program, physical training (PT) and sports were also the most frequent causes of injury resulting in sick-call visits and limited-duty days.

Sports and PT-related injuries are also common among deployed Soldiers. During the current deployments in Iraq and Afghanistan, about 20 percent of air evacuations for noncombat injuries have resulted from PT and sports activities. These activities are the leading cause of air-evacuated noncombat injuries.

Basketball, football, PT and weight-

The unit arrived in November 2008 and has been improving their living and working areas for the quality of life for its Soldiers. Soldiers of the battery spend numerous hours off the base escorting logistical convoys to Habur Gate, making it difficult for them to have time to go to the gym and work out.

Having their company's gym within their living area makes working out easier and more convenient.

First Sgt. Scott Catlett, a native of Vancouver, Wash., said the company has their own gym to afford the Soldiers an opportunity to exercise with

their hectic operations tempo.

"The benefits are the obvious ones: true physical fitness!" Catlett said. "Combat will force many different physical challenges on a person, which will require an ability to perform well at many tasks, even unfamiliar tasks combined in infinitely varying combinations."

Catlett said he designed the gym with proper workout equipment to meet the challenges of combat and military operations, while striving to obtain ten skills. The gym regimen focuses on cardio-endurance, stamina, strength, flexibility, power, speed, coordination,

agility, balance and accuracy.

"The workouts are nothing new, and I didn't dream them up," Catlett said.

Catlett explains that elite military units, police, Special Weapons and Tactics (SWAT), and extreme athletes such as mountain climbers and mixed-martial-arts (MMA) fighters, have been using these types of physical training for years.

After becoming a law enforcement officer in his civilian profession some years ago, Catlett said he is committed to spreading the word about the benefits of these types of workouts to as many people as possible.

lifting account for 76 percent of these sports-related injuries during deployments. USACHPPM has noted more serious weightlifting injuries among deployed Soldiers. At least one-third of these injuries occurred with the bench press and involved serious muscle tears.

There are several injury hazards associated with weight training, including lifting too much weight, using improper technique and using anabolic steroids. To reduce the risk of injury, Soldiers should implement the following controls into their weightlifting routine:

- Use caution when loading and unloading the weight plates.
- Train with a spotter, especially when doing high-weight, low-repetition exercises.
- Be sure you know and use proper lifting form and technique.
- Warm up with repetitions of lighter weight before attempting heavier weights.
- Don't hold your breath; inhale lowering the weight, exhale pressing it back up.
- Avoid anabolic steroids — they're illegal and cause long-term health effects.
- Increase the amount of weight and number of repetitions gradually.

Unique injury hazards are present in most physical exercise, sports or recreational activities. Soldiers and Leaders have learned through use of

composite risk management (CRM) how to identify hazards and control risks across the full spectrum of Army missions and activities. Soldiers must implement CRM for their specific activity to assess and identify hazards or risk of injury. Once the hazards are identified, Soldiers and Leaders must implement the controls proven to reduce these injury risks.

As warmer weather approaches and we head outdoors for exercise, sports and recreation, let's make certain to identify the hazards associated with our activities and implement controls which will allow us to minimize the injury risk for ourselves, our Family members and other Soldiers.

DID YOU KNOW?

Across all military services, more than 25 million limited-duty days occur annually due to injuries, with physical training/sports being a top injury category. Military Leaders are in the best position to prevent injuries. The one-hour, online Injury Prevention Through Leadership Course is entertaining and engaging and provides concise, evidence-based information and guidance to prevent many injuries and help Soldiers meet their fitness goals. Visit Combat Readiness University II at <https://crc.learn.army.mil>. Log in with your AKO ID and password, select the Courses tab, open the Joint Forces Safety Training folder and enroll in the course today.

Suggested controls for athletic and recreational activities include:

Softball

- Use breakaway bases and a double first base.
- Wear a batting helmet.
- Wear a mouth guard.
- Call for fly balls to avoid collisions.

Basketball

- For a previously sprained ankle, wear a sports ankle brace to avoid re-injury.
- Remove trip hazards (water bottles, gym bags, etc.) from the sidelines.
- Wear a mouth guard and eye protection.
- Remove rings, watches and other jewelry.

Touch or flag football

- Avoid overaggressive play.
- Check the field for rocks, holes and other hazards.
- Wear appropriate footwear for the field and weather conditions.
- Wear a mouth guard.
- Remove rings, watches and other jewelry.

Bicycling, roller-skating, skateboarding, inline skating

- Wear a helmet.
- Wear appropriate elbow and knee protection.

Water activities

- Don't enter the water alone — always have a buddy.
- Always wear a life jacket when in open water.
- No diving into shallow water or close to rocks.
- Avoid using alcohol.

All-terrain vehicles (ATV)

- Wear a helmet, eye protection and proper clothing.
- Avoid using alcohol.

Outdoor grilling and barbecue

- Check propane bottles for leaks.
- Use only approved lighter fluids; do not use gasoline.
- Ensure proper ventilation.

Do you have a story idea?

Contact the Expeditionary Times

expeditionarytimes@iraq.centcom.mil

Sustainers launch new website

3^d ESC PUBLIC AFFAIRS OFFICE

JOINT BASE BALAD, Iraq – Sustainers here launched a new website www.army.mil/3rdesc on Apr. 1 to better inform Families, Soldiers, hometown, and Army audiences.

The launch was a team effort between the 3^d Sustainment Command (Expeditionary) Public Affairs Office, the U.S. Army's Content Online Resource Enterprise (CORE), and the 123rd Mobile Public Affairs Detachment who worked over a period of six months to design a site tailored to the command's mission and audiences' needs.

"This new site will really help take telling the sustainer story to a new level," stated Maj. Paul Hayes, 3^d ESC public affairs officer. "Thanks to the folks at

CORE and this new website – we can cover a story about a Soldier today, and have their Family reading about it tomorrow on the internet."

In addition to more rapid distribution of news from their deployed location in Iraq, the new website is also closely tied to www.army.mil. "It's great, we finally have one place to post, where the entire Army public information network can review and add to their own sites; as simple as dragging and dropping," stated 1st Lt. Ray K. Ragan, 123rd Mobile Public Affairs Detachment press desk officer who led the ESC effort to stand-up the new website.

Headquartered at Joint Base Balad, Iraq, the over 16,000 Soldiers, Sailors, Airmen and Civilians of the 3^d Sustainment Command (Expeditionary) work around the clock in any environment – against any enemy – to ensure the Warfighters have everything they need to complete their mission in Iraq.



3^d Sustainment Command (Expeditionary) launched their new website www.army.mil/3rdesc April 1, with the help of the 123rd MPAD and U.S. Army's Content Online Resource Enterprise (CORE).

The Post-9/11 GI Bill explained

BY SGT. ALEXANDER SNYDER
Expeditionary Times Staff

JOINT BASE BALAD, Iraq – A new educational benefits package for service members and Veterans will be available beginning Aug. 1.

Signed into law in June 2008, the Department of Veterans Affairs calls the Post-9/11 GI Bill "the most comprehensive education benefit package" since the original GI Bill of 1944.

Qualifying Veterans and service members will receive 36 months of benefits while they are in the armed forces or useable for up to 15 years from their latest discharge.

History

Following World War I, Congress passed the World War Adjusted Compensation Act of 1924 – also known as the Bonus Act – which sought to compensate Veterans for the disparity between Army pay and what Soldiers could have earned in civilian jobs. The act allowed Veterans to receive \$1.25 per day for overseas service and \$1 for service stateside.

Instead of cash payments, however, the money was put into endowments,

which could not be withdrawn until 1945.

In 1932, during the Great Depression, several thousand angry Veterans marched on Washington demanding early payment of their money, which was then 13 years away from being accessible.

In the end, the protestors were turned away and it would be four years until early payments began.

At the end of World War II, Congress again looked to compensate Veterans and help reintegrate them back into society.

While many know the original GI Bill (also known as the Servicemen's Readjustment Act of 1944) for its educational benefits and home loan guarantees, the bill also provided unemployment pay and job counseling services to Veterans, and provided for the construction of additional Veterans' hospitals.

In 1984, former Mississippi Congressman Gillespie V. Montgomery pushed for a modernized GI Bill. Part of this bill extended benefits to Reserve and Guard service members and still carries the congressman's name today.

New benefits

To be eligible for the Post-9/11 GI Bill, a service member must have served at least 90 days in the armed forces or

have served for at least 30 consecutive days and been discharged for a service-related disability.

The new Post-9/11 GI Bill will cover:

- Tuition and fees up to the highest cost of in-state, undergraduate tuition at a public school. This money will be paid directly to the school.
- A monthly housing allowance equivalent to E-5 basic allowance for housing (with dependents), varying by zip code.
- Up to \$1,000 for books and supplies paid on an annual basis.

Benefits will be determined by the VA and are dependent on the time an individual spent on federal active duty orders after Sept. 10, 2001. The longer an individual spent on active duty, the greater the percentage of the total possible benefits that person will receive (see table for official breakdown).

Active duty time spent on entry-level training will count towards the Post-9/11 GI Bill, unless the individual separated with less than 24 months of active duty time.

Under the new GI Bill, individuals may elect to transfer unused educational benefits to a spouse or dependent. To do so, an individual must have six years of service in the armed forces and agree to serve at least four more.

Individuals who opted for student loan repayment when they enlisted may

still receive Post-9/11 GI Bill benefits so long as they have other qualifying active duty time.

Other considerations

While the new GI Bill will offer improved benefits to many people, the new benefits package may not be for everyone. In certain situations, individuals may benefit more under previously existing programs.

Under the Post-9/11 Bill, on-the-job training, apprenticeship training, and training received at a non-degree granting institution will not be eligible for benefits. However, such training may be covered under other existing programs.

In general, only training received at an institution of higher learning is eligible for benefits.

Benefits for flight training, correspondence training, national testing, entrepreneurship training, co-op training and work-study programs may also be included so long as the training is part of a degree program at an institution of higher learning.

The VA is not currently accepting applications for benefits but says it will soon.

Visit the VA website at <http://www.gibill.va.gov>, compare programs, calculate benefits, and sign up for e-mail updates concerning the new bill.

For active-duty personnel, the following table applies:	Active Duty Completed after September 10, 2001	Percentage of Maximum Amount Payable	For reservists, the following table applies:	Post-9/11 Service	Percentage of Maximum Amount Payable
	At least 36 months	100%		At least 36 cumulative months	100%
At least 30 continuous days on active duty and discharged due to service-connected disability	100%	At least 30 continuous days on active duty and discharged due to service-connected disability	100%		
30 months to 36 months	90%	At least 30 cumulative months	90%		
24 months to 30 months	80%	At least 24 cumulative months	80%		
18 months to 24 months	70%	At least 18 cumulative months	70%		
12 months to 18 months	60%	At least 12 cumulative months	60%		
6 months to 12 months	50%	At least 6 cumulative months	50%		
90 days to 6 months	40%	90 aggregate days	40%		

Sustainers protect themselves, wildlife

By SPC. KIYOSHI C. FREEMAN
Expeditionary Times Staff

AL ASAD AIR BASE, Iraq – An Army vaccination program to protect service members and local wildlife from rabies has been going on here and throughout Iraq for more than two and a half years.



Wild animals, like foxes and stray dogs, are captured in traps, inspected by Army veterinarians for any evidence of disease — especially rabies — tagged and then released, said Maj. Randel Rogers, a native of Columbus, Ohio, and a logistics officer with the 371st Sustainment Brigade here.

“We vaccinate them to make sure that they don’t have rabies,” he said. “So we can make sure that the population of the wildlife around our base are safe and are not spreading any disease that could affect us.”

Rabies is a viral disease which causes acute encephalitis (an inflammation of brain tissue). Typically, humans are infected after receiving a bite from an infected animal, usually through its saliva. The virus begins with flu-like symptoms, but once it reaches the central nervous system death could result in a matter of days.

A recent boom in pet populations led to an increase in reported cases in Africa and Asia, where rabies kills more than 55,000 people every year, according to a report from the World Health Organization.

“[The program] is important because rabies is endemic in the country,” said Capt. Brian Smith, of Houston, Texas, 64th Medical Detachment, and officer in charge of veterinary service for Multi-National Force-West.

“There has been confirmed rabies in the country of Iraq,” and many people were probably exposed to rabid animals and not aware of it, he said. Smith, though, was quick to point out he knew of no rabid animals found here or on other Coalition bases in western Iraq, which is his area of responsibility.

However, the vaccination program does not simply protect service members and local wildlife.

“One of the side effects that we realized on our rabies control program is that we were capturing all this data — because we were capturing all these animals on our bases,” Rogers said.

An amateur naturalist back home with a degree in wildlife management, Rogers partners with an Iraqi non-governmental organization and affiliate of the United Nations Environment Programme, Nature Iraq. Amongst all its other interests, Nature Iraq also endeavors to conduct the first detailed survey of plant and wildlife in Iraq since 1980.

“One of the problems with trying

to protect wildlife is first establishing what species live in an area, what habitat they’re using, how large the population is,” Rogers said. “The more data we get, the clearer picture we’ll have.”

Such data is particularly helpful with secretive species like the jungle cat, which are poisoned and hunted extensively throughout the Middle East. Through vaccinations and booster shots — if a cat is caught again — the Coalition is helping to preserve a protected species and national treasure of Iraq, Smith said.

Both Smith and Rogers recommend avoiding any contact with wildlife, especially with stray cats or feral dogs, the most common carriers of the rabies virus. This is also why the military implemented policies to prohibit its service members from adopting local pets.

“My recommendation would be: If you are lucky enough to see (a wild animal), keep your distance and try to get a picture,” Rogers said.



Rook, a bird caught and released in Al Asad, Iraq, Feb. 8. Many animals are checked by the veterinarian, some are vaccinated or treated for minor problems, then released back into the Iraqi countryside.



Honey badger, a native animal caught and released in Al Asad, Iraq, Feb. 5. Many animals are checked by the veterinarian, some vaccinated or treated for minor problems, then released back into the Iraqi countryside.



A jungle cat is caught in Al Asad, Iraq and released back in Feb. 11. These cats are somewhat protected in Iraq, however Nature Iraq (the NGO responsible for conserving Iraq’s wildlife) urges a conservative approach. Many animals are checked by the veterinarians, some vaccinated or treated for minor problems, then released back into the Iraqi countryside if they are healthy.



Reuppell’s Fox, also known as the Sand fox, is one of three fox species in Iraq (Fennec and Red are also found here). Sand foxes are shy and not a threat to humans, and 157 tests conducted in Anbar Province last year exhibited zero instances of rabies.

Courtesy photos

Platoon sergeant keeps medics up to speed

STORY AND PHOTO BY
CAPT. RENATO ROSSIGNOLI
UPAR, 1st Bn., 185th Armor,
16th Sust. Bde

CONTINGENCY OPERATING BASE SPEICHER, Iraq — Sgt. 1st Class Robert Tackett, medical platoon sergeant, 1st Battalion, 185th Armor, 16th Sustainment Brigade, trains his Soldiers weekly to ensure their skills meet military, civilian and real-world

requirements.

Tackett is the primary instructor for all medical classes in the 1st Bn., 185th Armor.

"This training keeps the medical section up-to-speed on all [the] new emergency medical information and validates their medic's skills, to include

skills such as initiating an intravenous infusion (IV); evaluating a casualty; recognizing and treating a casualty for shock; and packaging and transporting a casualty, just to name a few," Tackett said. "Medics must not only be experts in their lifesaving craft, but they must also be proficient enough to teach combat lifesavers. Soldiers must learn these critical skills in order to assist the medics with real-world casualties."

The "Scalpel" medical platoon understands that lives may be on the line at any given moment, said 1st Lt. Ty Roseberry, physician assistant. Roseberry and Tackett conduct weekly refresher training in order to keep skills honed to a scalpel's edge. These medics not only meet their individual Soldier skills and requirements, they also are required to keep their civilian emergency medical technician (EMT) licenses current.

"Doc" Roseberry approves the training and supervises while ensuring the skills meet all military, civilian and real-world requirements.

To professionally develop and enforce basic combat lifesaver skills, company medics teach the combat lifesaver re-certification class on a weekly basis under the guidance of Tackett.

"This training is vital for the peace of mind which comes without a shadow of a doubt. If you are seriously injured, your battle buddy—trained by the medics—will be the first one to help you," Tackett said. "The medic will immediately continue treatment with more advanced life-saving skills and equipment. We have had our medics tested with real-world injuries and illnesses, and our medics have proved their mettle."



First Lt. Ty Roseberry, a physician assistant, medical platoon, 1st Battalion, 185th Armor, and Sgt. 1st Class Robert Tackett, medical platoon sergeant, discuss the new emergency medical information during weekly refresher training at Contingency Operating Base Speicher, Iraq, March 28.

Sustainer recruits Soldiers to donate

BY SGT. CRYSTAL G. REIDY
Expeditionary Times Staff

JOINT BASE BALAD, Iraq — In April, a 3rd Sustainment Command (Expeditionary) noncommissioned officer conducted informational meetings to get Soldiers registered to donate blood platelets at the hospital here.

Staff Sgt. Freddie L. Scott, the para-leg NCO in charge for the 304th Sustainment Brigade from Riverside, Calif., is working with the plateletapheresis lab located in the Joint Base Balad Air Force theater hospital to recruit Army personnel to donate platelets. He said he initially went to the hospital and inquired about donating blood and found the real need was for

platelets.

The JBB plateletapheresis lab is one of only two labs in-theater that provides platelets to forward operating bases across Iraq. Capt. Scott A. Corey, the apheresis team officer in charge for the 332nd Expeditionary Medical Group, said approximately 90 percent of donors are Airmen. He said locating in-country donors is the only way to get platelets for patients here.

"Platelets have a shelf-life of only five days," said Corey, who is from Moore, Okla. "You can't get platelets into theater from the U.S. fast enough due to their short shelf-life."

Scott, a San Francisco resident said he is scheduling informational meetings to educate Soldiers on the importance of donating platelets. He said once Soldiers learn about the process he hopes they will sign up to donate.

Platelets are essential blood cells

that help control bleeding by forming a primary hemostatic plug during hemorrhage. Patients require platelets for many lifesaving medical treatments, including burns and massive trauma.

"Platelets are extremely important because they are like the firefighters of the body," Corey said. "When a blood vessel is injured, they're first to arrive and form the platelet plug that stops the body from further bleeding."

Donating platelets is safe because each donation is supervised by trained professionals. Only a small amount of platelets are removed and the body will replace the donated platelets within 48-72 hours.

The blood is drawn from the donor's arm through a sterile needle and passed through an automated blood processing device, the platelets are removed and then the remaining blood components are returned to the do-

nor. The process takes approximately two hours to complete.

"Some Soldiers will handle the procedure better than others because one must have good veins to have blood components taken out and put back in," Corey said. "Most apheresis procedures are completed without complications but minor adverse effects can occur."

Soldiers interested in becoming a platelet donor, contact Scott at DSN: (318) 433-2669 and attend an informational meeting. He said he is hoping his fellow Soldiers will step up and donate platelets because it has been such a rewarding experience for himself.

"I feel really honored to be part of a program that can support the medical field and actually help Soldiers and civilians," said Scott. "It feels like I am giving back."

Soldiers receive specialized computer training in Q-West

BY SPC. SEAN DILLARD
UPAR, Co. B., 16th STB,
16th Sust. Bde.

CONTINGENCY OPERATING BASE Q-WEST, Iraq—Several Soldiers from the communications field received specialized civilian computer training on a security program that will be required around the Army.

Chief Warrant Officer Michael Dory, information systems technician, 81st Brigade Special Troops Battalion,

Washington Army National Guard from Seattle, Wash., was able to use his civilian job skills to teach the Computing Technology Industry Association (CompTIA) Security+ training in March, the first to be taught here.

"I think the study group has been a great opportunity for Soldiers to learn how to apply information security skills directly to their military jobs," said Dory, a systems analyst for the Boeing Company in Seattle, Wash. His professional certifications include information systems security professional, ethical hacker, Cisco network associate, and Microsoft certified systems engineer.

According to the Department of Defense Directive 8570.1, all U.S. DOD employees or contractors engaged in work related to information security are required to be certified in several systems applications, including the CompTIA Security+.

The security+ training covers systems security, network information structure, access control, assessments and audits, cryptography and organizational security. It is a vendor-neutral certification that is taught at centers around the world.

"The security+ coursework helps (to) develop a greater understanding of in-

formation security," said Dory. "It makes these Soldiers more effective in maintaining cyber security for their units and the Army."

Many Soldiers are taking advantage of this opportunity to expand their computer-based knowledge. Baron University, a computer training program managed by Bravo Company, 16th Special Troops Battalion, 16th Sustainment Brigade, is open to any Soldier wishing to gain new certifications and job training.

For more information on Baron University and the test center, contact Chief Warrant Officer Dannie Walters at dannie.walters@iraq.centcom.mil.



On the Web

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

3D SUSTAINMENT COMMAND
(EXPEDITIONARY)

Your Legal Rights under the Servicemember's Civil Relief Act

BY MAJ. BRIAN NOMI
JBB Combined Legal Center

JOINT BASE BALAD, Iraq -- The 3rd Sustainment Command (Expeditionary) Combined Legal Center (CLC) operates a legal assistance office (LAO) in building 7235 at Joint Base Balad, six days a week.



It has been found, many troops have a limited understanding of the Servicemember's Civil Relief Act (SCRA).

The Servicemember's Civil Relief Act is a law with significant protections to service members and their Families. This article is intended to provide an overview of this law.

The Servicemember's Civil Relief Act (50 U.S.C. App. Sections 501-596) (SCRA) is a federal law which applies to any entity in the United States and its territories. Most SCRA protections begin the day orders are received for active duty or deployment. As a practical matter, troops should expect to present a copy of those orders to whoever they ask for some right or benefit under the SCRA.

Service members' Rights in Judicial Proceedings

Service members are entitled to a stay of proceedings or, in some cases, a stay of the execution in the proceedings. This applies if the person is in military service or is within 90 days after termination of or release from military service. This only applies to civil cases (including family law matters); it does NOT apply to criminal cases. To invoke this right, the service member should make a request, in writing, to the court in which the action is pending. The request should state when the service member will be available to defend the case and any other pertinent information the court should be informed of

to support the request. Any unit commander has the ability to send a letter on a Soldier's behalf; however the LAO can assist with the preparation of such letters, if needed.

In addition, the SCRA prevents a default judgment from being taken against a military member during periods of mobilization or deployment. If a default judgment is entered against a military member, the judgment may be reopened if the member makes an application within 90 days after leaving active duty, shows he or she was prejudiced due to their service obligation and shows that he or she had legal defense to the matter at hand.

Finally, the SCRA affects statutes of limitation. A service member's time in service cannot be used to compute the time limits for bringing any action or proceeding by or against a service member, whether in court or elsewhere. However, this does not apply to any period of limitation prescribed by or under the Internal Revenue Service (IRS) laws of the United States.

Installment Contract Protections and the six percent Interest Rate Cap

A service member may also be entitled to have the interest rate on some of their debts reduced to six percent for the time they are on active duty and/or deployed. A service member may be eligible if the following criteria are met:

- You took out the loan during a time when you were not on any form of active duty in any branch of the military.
- The interest rate is currently above six percent per year.
- Your military service affects your ability to pay the loan at the regular (pre-service) interest rate. Generally this requirement means that you make less money in the military than you made as a civilian. There are some special legal

issues here - you should be ready to talk to your Legal Assistance Attorney about your entire financial situation.

- A service member who, prior to entry into active duty, entered an installment contract for the purchase of real or personal property (including a motor vehicle), is protected under the SCRA if the service member's ability to make payments is "materially affected" by their military service obligation:
- The service member must have paid, prior to entry on to active duty, a deposit or installment under the contract.
- The seller is then prohibited from exercising any right or option under the contract to rescind or terminate the contract, to resume possession of the property for nonpayment of any installment due, or to breach the terms of the contract, unless authorized by a court.

Protection from Foreclosure and Evictions

The SCRA protects service members against foreclosures of mortgages, as long as the following facts are established:

- The relief is sought on an obligation secured by a mortgage, trust deed or other security in the nature of a mortgage on either real or personal property;
- The obligation originated prior to entry on active duty;
- The property was owned by the service member or family member prior to entry on active duty;
- The property is still owned by the service member or family member at the time relief is sought;
- The ability to meet the financial obligation is materially affected by the service member's active

duty obligation.

The SCRA also prevents evictions from premises occupied by service member if rent is less than \$2,720.95 per month. If rent is below this amount, the landlord must obtain a court order authorizing eviction. This provision applies regardless of whether quarters were rented before or after entry on to military service. In cases of eviction from dwelling quarters, courts may grant a stay of up to three months or enter any other "order as may be just" if military service materially affects the service member's ability to pay rent. This provision is not intended to allow military members to avoid paying rent, but rather to protect Families when they cannot pay the rent because military service has affected their ability to do so.

Insurance Protection

The SCRA protects service members from losing health or life insurance coverage if they are called to active duty military service, deployment or overseas tours of duty.

Health Insurance: If a person is called to active duty they are entitled to reinstatement of any health insurance that was in effect on the day before such service commenced, and was terminated on a date during the period of such service.

There are many new provisions regarding Reserve TRICARE. For more information, visit the TRICARE website at: <http://www.tricare.mil/>

The SCRA provides a wide range of protections to deployed service members. The LAO is ready to help with any issues or questions.

The JBB LAO is located in the CLC, at the intersection of Hawk and Pennsylvania Avenue (the barriers are painted like a castle with a blue sky above it). For further assistance, please contact the LAO at DSN 318.433.283



16th Sustainment Brigade
"Knights" at COB Q-West

http://www.16sustainment.army.mil/



THE FIGHTING 36TH

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

AL ASAD AIR BASE, Iraq – Texas guardsmen escort fuel convoys around Anbar province every week and build relationships with their Iraqi partners to support Coalition operations.

“Fuel is your lifeline. Your trucks, your generators — pretty much without fuel, the base doesn’t operate,” said 1st Lt. Darnell Reese, Bravo Company, 2nd Battalion, 142nd Infantry Regiment. “And sharing the road’s a big part of that.”

The mission, though, isn’t just about moving trucks from point A to point B, said Capt. David Alderman, commanding officer, Co. B, 2nd Bn., 142nd Inf. Regt. As security improves across Iraq, where violence is at its lowest levels since 2003, the way escort missions are conducted has changed.

“During previous deployments, pretty much we owned the road,” Alderman said, referring to how Coalition forces would take control of intersections and not allow unknown vehicles to stray too close to their convoys. An unfortunate but necessary precaution at the time, he said.

For the past few months now, Coalition forces share the road with Iraqis, not unlike how military convoys work in any other host nation.

“As we’re traveling, we’ll move over, allow them to bypass our convoys when it’s safe,” Alderman said. “In that way, we’re not hindering their movement and they’re not hindering our movement.”

Sgt. 1st Class Jose Orozco, 2nd Platoon leader, Co. B, admitted some of his Soldiers, especially those who deployed before, were uncomfortable with the change at first. However, they quickly readjusted to the new realities on the ground.

“We have to show the local population that we trust them and give them the opportunity to trust us,” said Orozco, a native of Hillsborough, Texas.

Most Iraqis are unaware of this policy and

remain wary of arbitrarily passing Coalition convoys, said Alderman, a native of El Paso, Texas. Even when Soldiers use green flags or green chemical lights to wave vehicles on, Iraqis are still hesitant.

Nevertheless, the effort’s important to make the civilian populace comfortable; to see the Coalition forces more as partners,” said Reese, a native of Fort Worth, Texas.

Another facet of sharing the road includes developing a good working relationship with the Iraqi police, Alderman said. The Soldiers of 2nd Bn., 142nd Inf. Regt. have made contact with most of the Iraqi highway patrol stations along their routes, building a rapport with their Iraqi counterparts.

It’s this kind of partnership that National Guard units such as Co. B are suited to develop, said Orozco. Orozco is one of many Soldiers in the unit who works as a police officer back home.

“I know how to talk to them,” he said. “I (have) a pretty good relationship with the (Iraqi Police) checkpoints assigned to me.” Orozco said he goes out of his way to support the IP as best he can, whether it’s by donating a flashlight or simply engaging in a dialogue with a colleague in law enforcement.

While the threat of roadside bombs is never far from their minds, even with the improving security situation in Iraq, Reese said his biggest safety concern is vehicle accidents. Long hours on the road, top-heavy military vehicles and civilian trucks of varying age and mechanical reliability present their own challenges to executing missions safely.

It’s a challenge the unit has chosen to address through rehearsals, like rollover drills, safety briefings and sufficient rest time in between legs of a mission, which extend over several days.

“Every time we move something safely, I feel like we’ve done a very good job,” Reese said.

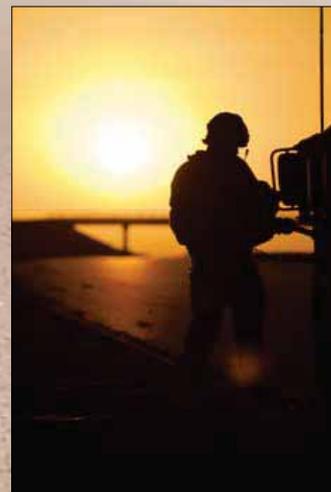
The Soldiers of 2nd Bn., 142nd Inf. Regt. were mobilized with the 56th (Infantry) Brigade Combat Team in August 2008. Falling under the 36th Infantry Division of the Texas Army National Guard, the unit’s insignia is a distinctive olive drab “T” on a blue arrowhead.



A Texas guardsman engages a target at a range outside Camp Korean Village, Iraq, to scrounge for the brass in discarded shell casings.



Jordanian businessmen confer with Iraq, Feb. 14.



A Texas guardsman with Bravo Company, 2nd Battalion, 142nd Infantry Regiment refuels a humvee on a highway in western Iraq, Feb. 15. The unit escorts fuel convoys from the Jordanian border to hubs such as Al Asad Air Base, Iraq

AT AL ASAD



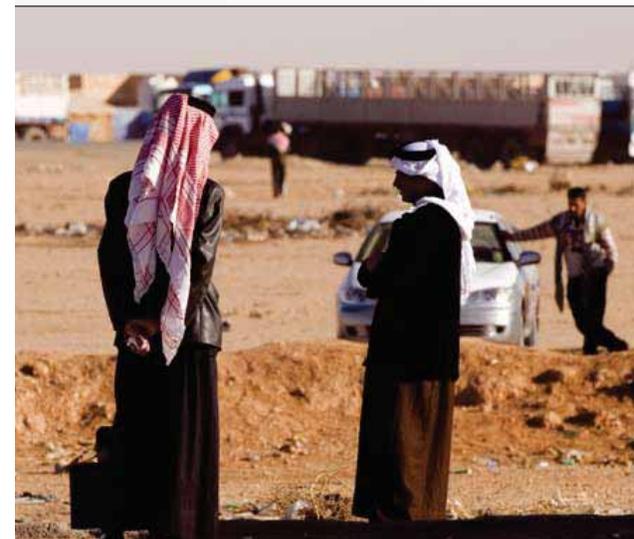
Over cups of chai, Iraqi policemen confer with Soldiers of Bravo Company, 2nd Battalion, 142nd Infantry Regiment of the Texas Army National Guard at an Iraqi police station in western Iraq, Feb. 14. The guardsmen try to work with their IP counterparts as much as possible.



Feb. 14. Later in the day, Bedouin tribesmen were drawn by the sounds of gunfire, eager



First Sgt. Joseph Scholari, Bravo Company, 2nd Battalion, 142nd Infantry Regiment, shakes hands with an Iraqi policeman during a convoy from Camp Korean Village, Iraq, to Trebil Gate along the Jordanian border. Scholari remembered the Iraqi from a traffic accident; Soldiers from his unit were the first responders at the scene, treating injured Iraqis.



While, in the distance, trucks wait in a queue to cross the border at Trebil Gate,



A gunner for Bravo Company, 2nd Battalion, 142nd Infantry Regiment, dismounts from a Mine-Resistant Ambush-Protected vehicle at a staging area near Trebil Gate, Iraq, Feb. 14. Trebil Gate is a major border crossing between Jordan and Iraq.

Sustainers host EO training

BY SGT. CRYSTAL G. REIDY
Expeditionary Times Staff

JOINT BASE BALAD, Iraq – The Equal Opportunity office of the 3^d Sustainment Command (Expeditionary) hosted an EO leaders training for noncommissioned officers and lieutenants from all over Iraq



here March 15 - 20.

The six-day training focused on the duties and responsibilities as EOL's and taught skills needed to assist their commanders to carry out the EO program in their unit. The Army is committed to eliminating sexual harassment and discrimination against any individual or group because of race, color, gender, religion, or national origin.

Command Sgt. Maj. Willie C. Tennant, Sr., the 3^d ESC senior noncommissioned officer said in the military we have a lot of diversity. He said the Army has Soldiers from all over the

world with different values they grew up in.

"That's okay, we just have to get everyone to work together," Tennant said at the EOL graduation ceremony. "The good thing is once you're in the Army you now have the same values. We all have the Army values."

The EOL training was attended by 28 participants from the five sustainment brigades assigned to the 3^d ESC and any units on Joint Base Balad requesting to attend.

Master Sgt. Tuynuykua Jackson, the senior equal opportunity adviser with 3^d ESC, said it is important to have training in a deployed setting because the unit's mission while deployed to Iraq is not always the same as their mission in the states. She said units that are traditionally all male can suddenly have females in their unit.

"A commander may not know the differences in interacting between females because they have never worked with them before," Jackson said. "That's where the unit EOL will come

in to educate about gender, diversity and cultural awareness."

Jackson, a native of Biloxi, Miss., said the training consists of four phases. The first phase is learning the administrative process of being an EOL.

"We go over the role of the EOL in their units and what is expected of them," Jackson said. "We want them to know how important EO is to their commanders."

The second phase teaches about individual and group behavior and demonstrates how everyone has different values and beliefs.

Master Sgt. Jon A. Ribacchi, an EO adviser for the 371st Sustainment Brigade and instructor during the training, said EOLs should become aware of the value of diversity; there are others out there who think differently but are still a great resource to their units.

The third phase teaches the aspects of discrimination including sexism, racism and extremism. Extremism is when a Soldier is associated with an extremist group, such as the Black Pan-

thers, Aryan nation, or the latest trend - gangs in the military.

"The EO training provides information on these groups so the EOL is prepared if they experience a Soldier with this behavior back in their units," Jackson said.

The final phase provides information on the EO complaint process, how to take complaints, make EO action plans and set EO goals for their units.

Staff Sgt. David E. Mecum, a combat engineer from the 555th Engineer Brigade, said he has learned how important the EO process is to the unit.

"EO is important in our society because everyone deserves the chance to show they can be a great leader," Mecum said.

Ribacchi said if Soldiers follow the EO program they are following the Army values. He said a good EO program makes the unit a stronger more ready unit.

"EO is about readiness and communication," Ribacchi said. "It's about accomplishing the mission."

On the Web



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

On the Web



10th Sustainment Brigade, Camp Taji
<http://www.taskforcemuleskinner.army.mil/mm.asp>

Got Photos?

"Of Soldiers, By Soldiers" Photo Competition

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

Guidelines:

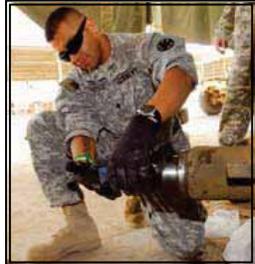
- Photo must be taken by a Soldier and of a Soldier
- Only one submission per Soldier
- Photo must be high resolution (three megapixels or greater in size)
- Images should be composed vertically with action leading to the right
- Caption must include: full name, rank and unit of Soldier in photo (if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

Submission Deadline: April 21, 2009

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



U.S. Army photo by Spc. Kelly Anne Beck



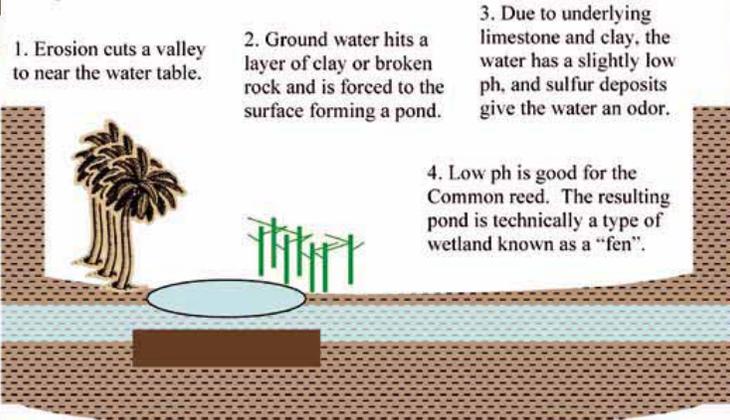
U.S. Army photo by Spc. Brian A. Barbour

Editor's Note: Article was contributed by Maj. Randel Rogers, Al Asad au Natural editor. Any question related to this article or back issues for Al Asad au Natural, visit: www.columbusaudubon.org (conservation tab)

Abraham's Well

An Oasis for Wildlife!

Al Asad sits in a large wadi (valley) carved by eons of seasonal rains cutting through soft sandstone on it's way to the Euphrates River. A wide variety of vegetation, both permanent and seasonal wetlands, and even the surrounding dry desert scrub provide a home for animals and birds, and an important migration stop for many visiting birds. Some of these species are **near-threatened** (the Jungle cat and Striped hyena), and others are even **critically endangered** (Sociable plover). Some are **endemic**, found only in this region (Mesopotamian hooded crow, Iraqi babbler, Iraq little grebe). Over 120 species of birds have been recorded at Al Asad!



Hoopoe



Spanish sparrow



Mesopotamian hooded crow



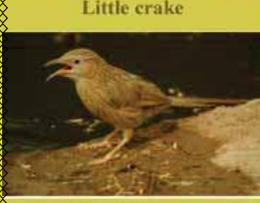
Little egret



Moorhen



Little crake



Common babbler



Bluethroat



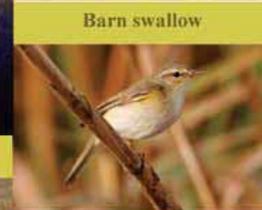
Little bittern



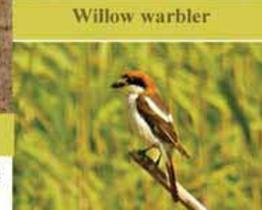
Wood pigeon



Barn swallow



Willow warbler



Woodchat shrike



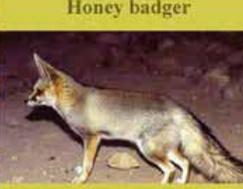
Honey badger



Indian crested porcupine



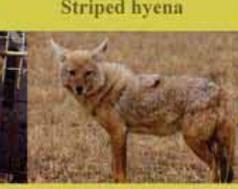
Striped hyena



Sand fox



Jungle cat



Golden jackal

The rocky ridge, heavily vegetated ditch (a marsh area and seasonal wetland) along the north side of camp, the planted palm grove, and the oasis pond combine to provide critical feeding areas, cover, and water for native mammals. None of these animals will bother a human unless provoked and cornered. Rabies is rare in Iraq, but possible.



Caspian turtle



Marsh frog



White-cheeked bulbul

Personnel sergeant re-enlists during the Year of the NCO

STORY AND PHOTO BY
SGT. KEITH M. ANDERSON
16th Sust. Bde. Public Affairs

CONTINGENCY OPERATING BASE Q-WEST, Iraq — For Sgt. Carlos A.



Santiago, a native of Fayetteville, N.C., re-enlisting in front of the 16th Sustainment Brigade headquarters here, March 18, was a day he won't forget.

The ceremony was memorable because he was re-enlisting on his birthday, and also the Army's "Year of the NCO."

"Re-enlisting during the 'Year of the NCO' is significant to me because the NCO is the backbone of the Army, providing motivation, purpose, and direction to the Soldier and guidance and support to the officer," Santiago said. "Doing so on my birthday was just icing on the cake. How many people can say they did that?"

Santiago, a human resources non-commissioned officer for the 16th Sust. Bde., said, the opportunity to serve and

lead Soldiers was a prime factor in his decision to reenlist for six more years. He has mentored and supervised five Soldiers since becoming a sergeant in October 2007.

Santiago said communication is the key with Soldiers.

"Communications is the basis of any relationship," Santiago said. "If you don't establish communication, things won't be as easy further down the line."

Soldiering is in the Family for Santiago, whose father, Juan Antonio Santiago III, served in the 2nd Infantry Division in Korea.

"Originally I was completely against the Army," Santiago said. "But I wanted to better myself and I looked to my father for inspiration. He's proud of me, he told me. I don't think he thought I'd do something like this."

Ultimately, Santiago said, he serves in the Army for his wife, Audrey, and two daughters.

"I re-enlisted for my family," Santiago said. "If I didn't have them, I don't know where I'd be. I've done it this long, why not try it a little longer?"



Sgt. Carlos A. Santiago, a native of Fayetteville, N.C., re-enlists in front of the 16th Sustainment Brigade headquarters at Contingency Operating Base Q-West, Iraq, March 18. The ceremony was memorable because he was re-enlisting on his birthday and during the Army's Year of the NCO. "Re-enlisting during the Year of the NCO is significant to me because the NCO is the backbone of the Army, providing motivation, purpose, and direction to the Soldier and guidance and support to the officer," Santiago said. "Doing so on my birthday was just icing on the cake. How many people can say they did that?"

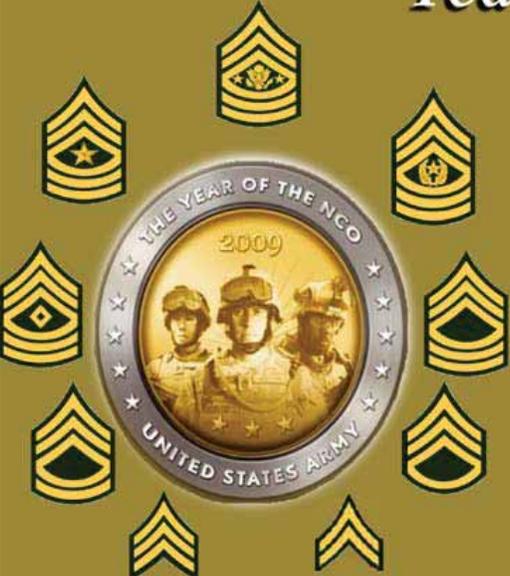


2009 JOINT BASE BALAD

Year of the NCO

Forum





Location: MWR East

Date: 20 April

Time: 1000-1230

Open to all Services NCO's

Guest Speaker:
MNC-I Command Sergeant Major
CSM Grippe

POC: SGM Miller, Anthony,
51st SB(E) at 483-2633
Anthony.b.miller@iraq.centcom.mil

Team Hasbun: Far from home yet close together

STORY AND PHOTO BY
SPC. KELLY ANNE BECK
304th Sust. Bde. Public Affairs



JOINT BASE BALAD, Iraq — “When I first met her, I hated her,” said Sgt. Michael B. Hasbun, a native of Miami, Fla., and non-commissioned officer in charge of stock control, 23rd Ordnance Com-

pany. The Hasbuns met when Michael transferred into Staff Sgt. Judith M. Hasbun’s platoon. They realized they had a lot in common, from being prior-service Marines to both going through a divorce.

Although they started off disliking each other, they quickly became best friends which led to marriage.

In November 2008, Michael and Judith celebrated their two-year wedding anniversary here after deploying together with the 23rd Ord. Co., from Grafenwoehr, Germany.

“Team Hasbun,” known by their Soldiers, have a strong relationship with each other which helps them succeed in their mission.

“I get all the ammo (ammunition) ready when it comes in and she’s in charge of getting the ammo ready to ship out to Soldiers all over Iraq and Afghanistan,” said Michael. “Our relationship helps the mission run smoother because we know each other so well and we work well together.”

They both agree that work is easier because they don’t have to deal with a lot of the same stressful issues most Soldiers deal with while deployed.

“Most Soldiers are away from their loved ones, but by having her by my side, it barely feels like I left home,” Michael said.

Judith, a native of Yocumtown, Pa., and NCOIC of movement, agreed adding, “The only difference from here and home is that it’s hot and sandy instead of cold and snowy.”

Not only do they have the comfort of being close while far from home, but they have each other to talk to after a tough day. Judith said having Michael to talk to means the little things don’t get to her as easily.

Although they both place the mission first and have a strong work ethic, they both agree they have very different leadership styles. He prefers to teach his Soldiers to learn the hard way. Whereas, Judith wants to catch them right before they fall, or the “mothering technique” as Michael refers to it.

If anything, they compliment each other and contribute laughs and entertainment to their troops. Between the two of them, they feel they can handle anything that’s thrown their way.

“If I don’t know something, she probably does, and if she doesn’t know something I probably do,” Michael said. “We fill in the cracks for each other.”

“We always compliment each other when it comes to work,” Judith added.



Staff Sgt. Judith M. Hasbun, a native of Yocumtown, Pa., and the movement noncommissioned officer in charge, and her husband, Sgt. Michael B. Hasbun, a native of Miami, Fla., and stock control NCOIC, have been married for two years and deployed with the 23rd Ordnance Company, from Grafenwoehr, Germany, to Joint Base Balad, Iraq, in November 2008. Their fellow Soldiers refer to them as “Team Hasbun” because of how well they work together.

Armored Security Vehicle...

KEEP A CLEAR VIEW

MAINTENANCE SUPPLY

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>

Not only does blurred vision occur as you get older, it also happens when the windshield and side vision blocks on your armored security vehicle (ASV) get dirty, chipped or cracked.

To keep a clear view, use pull-off laminate sheets that come with kit, NSN 25 10-01-566-4009. These clear, mylar sheets have an adhesive backing that holds 'em in place. Each package of sheets, made up of four removable layers and a base layer, mount onto the windshield or vision block to ward off damage from small rocks and flying debris. Also, each sheet has a recessed corner for easy removal of each layer as needed.

THE KIT INCLUDES A PACKAGE CONTENT LIST WITH INSTALLATION AND USAGE INSTRUCTIONS.

HERE'S WHAT COMES IN THE KIT...

- Windshield laminates-2 packages
- Side block laminates-2 each
- 8-oz trigger spray bottle-1 each
- 1-oz bottle w/measured cleaning and installation soap-1 each
- Pillar label/ID and care information-1 each
- Bar squeegee-1 each
- Razor blade-1 each
- Lint free paper towels-10 each

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.

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

Last weeks answers

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



UPCOMING SPORTS ON AFN

Wednesday 4/15/09

Florida Marlins @ Atlanta Braves, Live 2 a.m. AFN/xtra
 Boston Celtics @ Philadelphia 76ers, Live 3 a.m. AFN/sports
 Utah Jazz @ Los Angeles Lakers, Live 5:30 a.m. AFN/sports
 Miami Heat @ Atlanta Hawks, Delayed 10 a.m. AFN/sports
 Cleveland Indians @ Kansas City Royals, Live 9 p.m. AFN/sports

Thursday 4/16/09

Houston Rockets @ Dallas Mavericks, Live 3 a.m. AFN/sports
 Denver Nuggets @ Portland Trail Blazers, Live 5:30 a.m. AFN/sports
 Florida Marlins @ Atlanta Braves, Live 7 p.m. AFN/sports

Friday 4/17/09

2009 Stanley Cup Playoffs - First Round, Game 1: Teams TBD, Live 2 a.m. AFN/sports
 Philadelphia Phillies @ Washington Nationals, Live 2 a.m. AFN/xtra
 Los Angeles Angels @ Seattle Mariners, Tape Delayed 10 a.m. AFN/xtra
 San Diego Padres @ New York Mets, Delayed 10 a.m. AFN/sports
 San Francisco Giants @ Los Angeles Dodgers, Delayed 3 p.m. AFN/sports

Saturday 4/18/09

2009 Stanley Cup Playoffs - First Round, Game 2: Teams TBD, Live 2 a.m. AFN/sports
 NASCAR Nationwide Series: Bashas' Supermarkets 200 (Phoenix International Raceway, Avondale, AZ), Live 2 a.m. AFN/xtra
 Arizona Diamondbacks @ San Francisco Giants, Live 5 p.m. AFN/prime pacific
 Milwaukee Brewers @ New York Mets, Live 8 p.m. AFN/xtra



2009 NBA Playoffs - First Round, Game 1: Teams TBD, Live 10 p.m. AFN/sports

Sunday 4/19/09

2009 NBA Playoffs - First Round, Game 1: Teams TBD, Live 10 p.m. AFN/sports, Live 12:30 a.m. AFN/sports
 2009 Stanley Cup Playoffs - First Round, Game 2: Teams TBD, Live 2 a.m. AFN/prime atlantic
 NASCAR Sprint Cup Series: Subway Fresh Fit 500 (Phoenix International Raceway, Avondale, AZ), Live 3:30 a.m. AFN/xtra
 2009 NBA Playoffs - First Round, Game 1: Teams TBD * 2-hour ESPN Cutdown Version, Live 10 a.m. AFN/sports
 UFC 97: REDEMPTION (Centre Bell, Montreal, QC, Canada), Tape Delayed 1 p.m. AFN/xtra

Monday 4/20/09

2009 NBA Playoffs - First Round, Game 1: Teams TBD, Live 1 a.m. AFN/sports
 2009 Stanley Cup Playoffs - First Round, Game #TBD: Teams TBD, Live 2 a.m. AFN/xtra
 St. Louis Cardinals @ Chicago Cubs, Live 3 a.m. AFN/prime atlantic
 Indy Car Racing Series: Toyota Grand Prix of Long Beach (Streets of Long Beach, Long Beach, CA) (JIP), Delayed 7:30 a.m. AFN/xtra
 113th Boston Marathon, Live 5 p.m. AFN/xtra

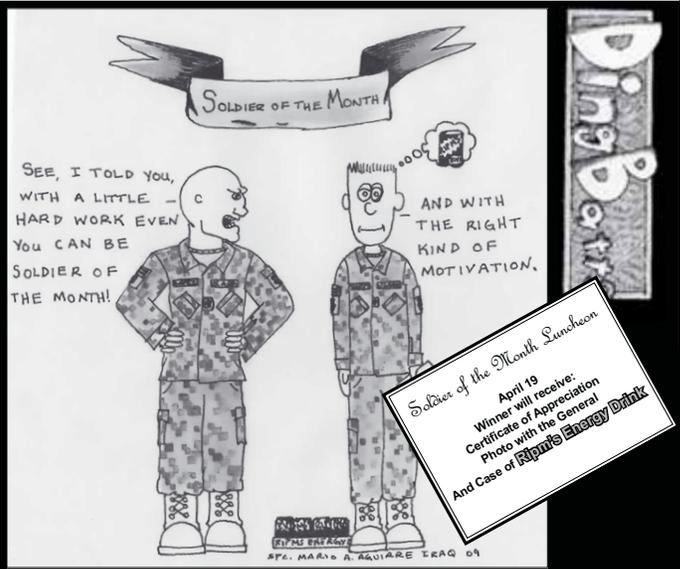
Tuesday 4/21/09

2009 NBA Playoffs - First Round, Game TBD: Teams TBD, Live 2 a.m. AFN/sports
 2009 Stanley Cup Playoffs - Round TBD, Game TBD: Teams TBD, Live 2 a.m. AFN/xtra
 Oakland Athletics @ New York Yankees, Delayed 5 p.m. AFN/sports

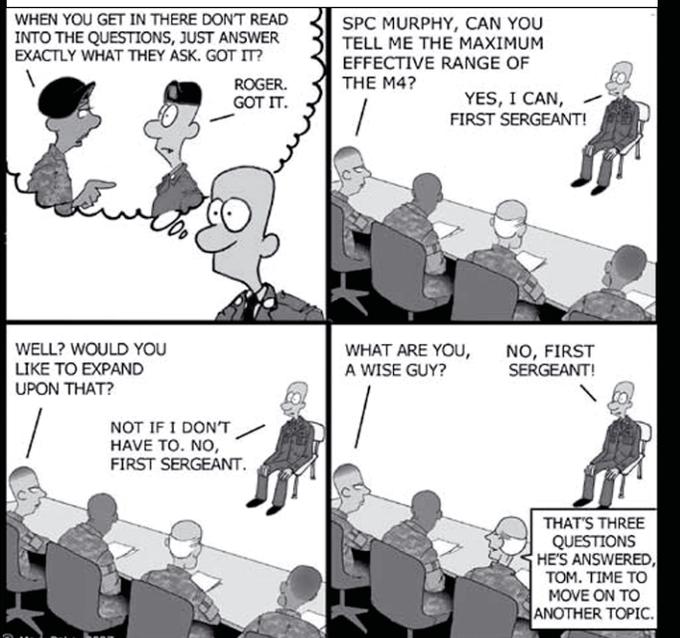
TEST YOUR KNOWLEDGE

1. What 65-year-old was hired to fill the void left by Dan Fouts and Dennis Miller on Monday Night Football?
2. What U.S. president was shown, after DNA testing, to have fathered an illegitimate son named Eston?
3. What actor uttered "All I see are dead people" in 12 monkeys, four years before appearing in Sixth Sense?
4. What pop star locked himself in a White House bathroom to avoid adult admirers in 1984?
5. What U.S. state imposed blackouts for the first time since World War II, in 2001?

1. John Madden
2. Thomas Jefferson
3. Bruce Willis
4. Michael Jackson
5. California



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 6525 Victory Loop N
behind the Education Center at JBB

DSN: 312-987-5136, OPTION 1
EXT 6363/6364 HIT "F"
TYAD_FRA_Balat@mmca.army.mil

Computer Repair

- Laptops
- Desktops
- Printers
- HP copiers

Exchanges and DX

- Digital Senders
- LCD Monitors
- UPS
- Cisco Switches

We repair:

We exchange:

- Batteries
- A/C Adapters
- Keyboards

We DX:
-HIDE, PRC 112, HCLOS, TBC, CAISI

GOVERNMENT EQUIPMENT ONLY!



Network Security Focus is Everyday

The U.S. Air Forces Central directed a Network Security Focus Day to increase information awareness. The 332 Air Expeditionary Wing calls on all service members, civilians and contracts using their computer network to continuously conduct mandatory training and review network security briefs. For further information on assurance education and training, the web site is <http://iase.disa.mil/eta/>. It is everyone's responsibility to understand the threat to our networks and prevent vulnerabilities.



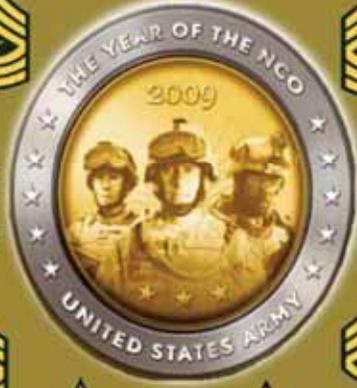
2009 JOINT BASE BALAD

Year of the NCO

5K Run/Walk





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

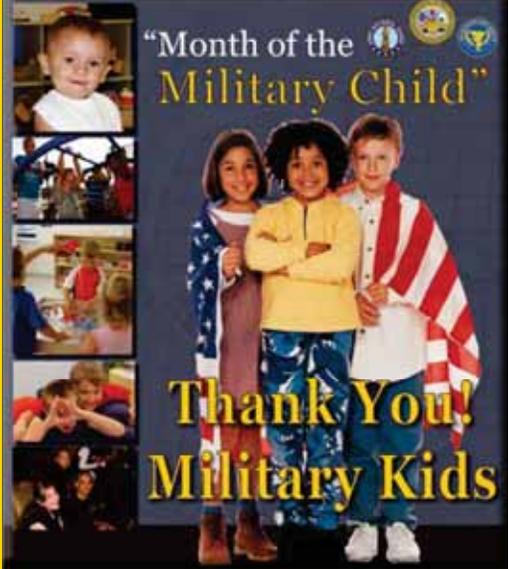
T-Shirts will be given out to the first 900 finishers!

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





Remember . . .



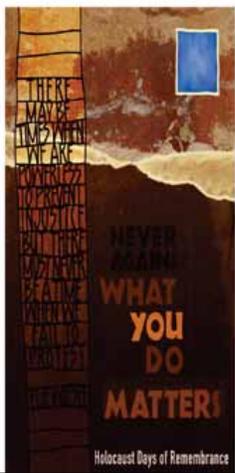
Check out the <http://www.armymwr.com/portal/family/childand youth/momc.asp> or <http://www.military-child.org/> to find latest events, activities happening on military installations, the pentagon, National Guard and Reserves Families.



JOINT BASE BALAD

Presents
Holocaust Days of Remembrance
ESSAY WRITING CONTEST

- Open to all on JBB
- 12 point font size, Double space, 2 pages or less
- **Must pertain to the National 2009 Theme: "Never Again: What You Do Matters."**
- Please submit all essays by 1800 hours, April 18, 2009



Send essays to:
tuynuykua.jackson@iraq.centcom.mil
scott.shockely@iraq.centcom.mil
mattew.wendal@blab.afcent.af.mil

Prizes for the top three essays to be presented at:
Days of Remembrance Observance Luncheon on 23 April 2009, 11:30 a.m. at MWR East

MSG Jackson, Tuynuykua, Sr. EO Advisor, 3d ESC 433-2695,
MSG Shockley, Scott EO Advisor 3d ESC at 433-2527
MSG Cossio, Rita EO Advisor 3d ESC at 433-2527
MSGt Wendel, James EO Director 332 AEW at 443-8459
LTC James-Michael Yates, EO PM TF 34 at 483-4519
SFC Karneke, Sidney EO Advisor 555th EN BDE at 483-4645,
SFC Paxton, Lisa EO Advisor 304th SB at 433-2917

SUSTAINER REEL TIME THEATER

Movie Times

- Wednesday, April 15**
5 p.m. Push
8 p.m. Fired Up
- Thursday, April 16**
5 p.m. Friday The 13th
8 p.m. The International
- Friday, April 17**
2 p.m. Street Fighter
5 p.m. Madea Goes To Jail
8:30 p.m. Fast And Furious
- Saturday, April 18**
2 p.m. Madea Goes To Jail
5 p.m. Fast And Furious
8 p.m. Street Fighter
- Sunday, April 19**
2 p.m. Fast And Furious
5 p.m. Street Fighter
8 p.m. Madea Goes To Jail
- Monday, April 20**
5 p.m. Street Fighter
8 p.m. Fast And Furious
- Tuesday, April 21**
5 p.m. Fast And Furious
8 p.m. Madea Goes To Jail

(Schedule is Subject to Change)

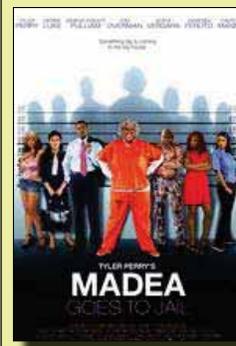
Fast And Furious



Heading back to the streets where it all began, two men rejoin two women to blast muscle, tuner and exotic cars across Los Angeles and floor through the Mexican desert. When a crime brings them back to L.A., fugitive ex-con Dom Toretto reignites his feud with agent Brian O'Connor. But as they are forced to confront a shared enemy, Dom and Brian must give in to an uncertain new trust if they hope to outmaneuver him. And from convoy heists to precision tunnel crawls across international lines, two men will find the best way to get revenge: push the limits of what's possible behind the wheel....



Madea Goes To Jail



Tyler Perry transitions another one of his hit plays to the big screen with this adaptation of Madea Goes to Jail. The successful filmmaker stars once again as the mischief-prone older woman whose exploits this time lead her to jail, where she befriends and reforms a prostitute named Candy.

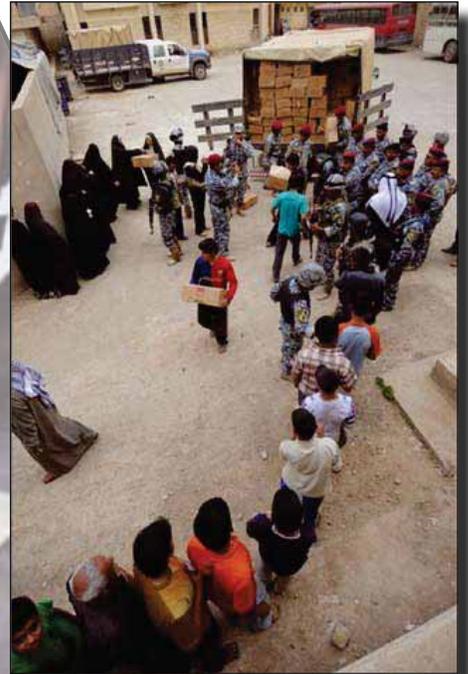


PHOTOS AROUND IRAQ



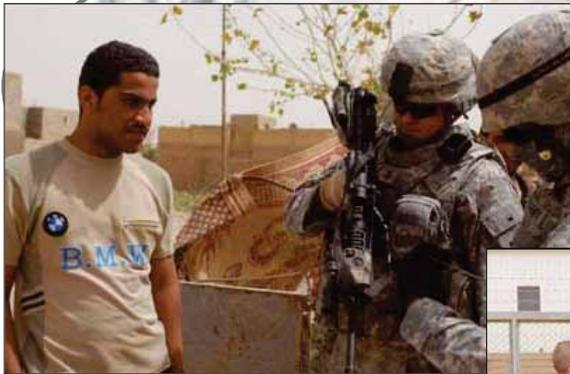
U.S. Navy photo by Mass Communication Specialist 2nd Class Walter J. Pels

U.S. Army Sgt. Brian Mueller from the 1st Battalion, 24th Infantry Regiment, 1st Stryker Brigade Combat Team, 25th Infantry Division, checks a rock pile with a metal detector during a presence patrol in the area around Albu Sawwat, Iraq, on April 3.



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

Iraqi citizens line up for food aid delivered by Iraqi National Policemen in Mosul, Iraq, April 4.



U.S. Navy photo by Mass Communication Specialist 2nd Class Robert Wheelan

U.S. Army 1st Lt. Gregory Strayer, attached to 2nd Brigade, 1st Infantry Division, interviews a convenience store owner for a micro grant in Abu Graib, Iraq, March 28. A micro grant is money offered by the U.S. Government to help store owners improve their businesses.



U.S. Army photo by Staff Sgt Raul Elliott

A military working dog shows an Iraqi police officer what it feels like to be attacked. Two U.S. Soldiers from Headquarters and Headquarters Company, Special Troops Battalion, 3rd Brigade Combat Team, 25th Infantry Division, coach the demonstration for safety reasons. The training was held at Contingency Operating Base Speicher, Tikrit, Iraq, March 30.

NEWS AROUND IRAQ

Bara'ia families receive food, water and farming supplies

CONTINGENCY OPERATING BASE SPEICHER, TIKRIT, Iraq - - Multi-National Division- North Soldiers delivered dozens of humanitarian aid packages to the Bara'ia neighborhood near Samarra, March 31.

Soldiers 35th Infantry Regiment, 3rd Infantry Brigade Combat Team, 25th Infantry Division, delivered several cases of Halal meals to families in the neighborhood.

"Bara'ia is an extremely impoverished area of Samarra, and local residents are not used to receiving humanitarian aid from government or Coalition forces," said 1st Lt. Daniel Flynn, platoon leader. "The last time most of these folks saw people in uniform, they were kicking down doors and arresting people."

The local citizens appeared cautious at first, but quickly warmed up to the Soldiers when it became apparent they were on scene to help.

In addition to food and water, Coalition Soldiers and Iraqi Security Forces delivered several large rolls of plastic, useful in the cultivation of crops. "It is difficult to grow here, sometimes," said Abdul Hassani, a local farmer. "This will help us very much. We are very grateful."

The Bara'ia community is home to two small shops, a makeshift soccer field and several acres of farmland. Residents do not have access to clean drinking water, and residents draw their water directly from the Tigris River.

The nearby village of Al Rega, where a water treatment facility was recently opened, has pledged to provide assistance to neighboring villages, including Bara'ia.

IA delivers toys, freezer, message to local school

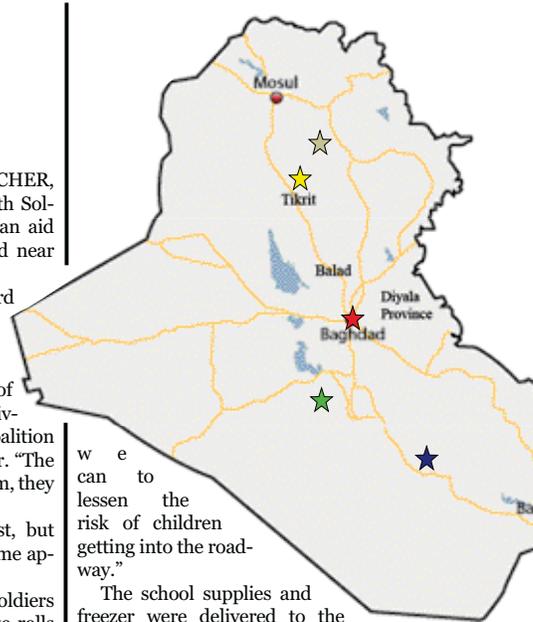
AL HARIWAB, Iraq - While many humanitarian missions in Iraq only provide supplies to communities, one recent mission here also had a message to deliver.

Iraqi Army Soldiers from the 33rd Iraqi Army Brigade, 8th Iraqi Division, supported by Military Transition Team 336, delivered toys, school supplies, backpacks, a freezer and a message to the girls, ages 6 to 12, at Al Bestor school in Al Hariwab April 2.

The message included lessons on looking both ways before crossing a street, time management and organization. These messages are the same ones American children receive, but it was important to Iraqi Maj. Abudil Hussein Kareem, 33rd IA Bde., 8th Iraqi Div. plans deputy officer, for Iraqi children to heed these guidelines as well.

"We went to the school because we cannot talk to all the adults because they are past the phase of learning," he said. "We went to the school because the children work and build the future. We know they respond because they are children and they are going to follow what we say. They will follow us."

"This was geared to educate the children of the dangers of running out in the road when convoys are present," said Maj. Jon K. Thiessen, MiTT 336 operations officer. "Our vehicles are much heavier than normal road traffic and are unable to swerve rapidly. We want to do anything



The school supplies and freezer were delivered to the teachers for distribution, but the toys, including stuffed bears and soccer balls, were given directly to children at the school. The freezer was donated by the IA and the other supplies came from family, friends and volunteer organizations from the United States.

"All of the items provided to the school came from Americans who care for children," said Maj. Thomas Acklen, MiTT 336 executive officer. "The Iraqis are trying to do so much with so little and we are just trying to assist."

This trip was to build interaction with the IA and the people of Iraq.

"The children are the next generation of Iraq," said Acklen. "They are the ones that will make Iraq for Iraqis. This occasion was planned to help boost relationships between the youth of Iraq and their security forces."

IA receives instruction at FOB Cedar

FORWARD OPERATING BASE CEDAR, Iraq- Soldiers assigned to 40th Iraqi Army Brigade, received three days of intense training by instructors from 4th Brigade Combat Team, 1st Cavalry Division here recently.

The Iraqis were trained on various tactical formations, including entering and clearing a room and sensitive site exploitation. The training was followed by a practical exercise in which the IA Soldiers executed those scenarios.

"I am very impressed with all the classes my men have received from the American Army," said 2nd Lt. Mohammed, an IA platoon leader. "I think that the sensitive site exploitation class was the most valuable training my platoon received because up until now we had no training involving (that)."

"The Iraqi Soldiers learned a lot in a short amount of time," said Sgt. 1st Class Benito Flores, a 2nd Bn. platoon sergeant. "The best way for them to learn is to teach each other, and to continue to conduct the training as many times as it takes for everyone to know every man's job on their team."

Command Sgt. Maj. James Redmore, Multi-National Division-South's senior enlisted leader, was present

for the training. Redmore said he was very impressed with the joint training the troops were conducting, and he emphasized how important it is to strengthen the American-Iraqi partnership for the future of Iraq and its people.

The 2nd Bn., 12th Cav. Regt., will continue to train IA Soldiers during the next two months and will establish future training with the Iraqi Police.

Iraqi Flight Surgeons Step on to World Stage

BAGHDAD - After years of sanctions and forced isolation, two Iraqi Air Force officers have stepped on to the world stage and presented their study at a NATO conference in Germany.

Iraqi Air Force Flight Surgeons, Maj. Abdulrazzaq and 1st Lt. Hazem presented their findings on a fatal Iraqi Mi-17 helicopter crash to the annual NATO Flight Surgeons' Conference held at Ramstein Air Base, Germany, on March 16-20, 2009.

Two Iraqi pilots were killed in March 2008 while flying into a sand storm. Two lessons learned that the Iraqi flight surgeons brought to the conference were to accelerate instrument training and to increase the practice of emergency procedures. The doctors hoped lessons learned from the tragedy will prevent future deaths due to pilot error.

U.S. Air Force Col. William W. Dodson III, command flight surgeon, Multi-National Security Transition Command - Iraq Coalition Air Force Training Team surgeon / IqAF Medical Services advisor and director of training, escorted the doctors to the conference.

"The five-day conference marked an historic first for the Iraqi Air Force," Dodson said. "To present on the world stage to other flight surgeons from 26 countries, Abdulrazzaq and Hazem represented their country well." During the 20 minute presentation - that included a video and PowerPoint slides - the doctors lectured on lessons learned from an official board investigation into the crash of the helicopter.

"It's been an honor... working with Drs. Abdulrazzaq and Hazem, they are true professionals," said U.S. Air Force Brig. Gen. Robert Kane, MNSTC-I CAFTT commander. "They received a resounding ovation from the other conference attendees as the only presenters in the history of the conference from the Middle East. This initiative will result in a more capable Iraqi Air Force and it is a vital step toward ensuring Iraq's self-sufficiency during the critical transition from Coalition to Iraqi-led operations in support of the Security Agreement between Iraq and the United States."

Sons of Iraq receive last payment from Sustainers

FORWARD OPERATING BASE WARRIOR, Iraq - Finance Soldiers here made their last payment to Kirkuk's Sons of Iraq in March. The Government of Iraq now controls all SoI in Kirkuk province and will be responsible for paying their salaries beginning in April.

Until the handover, Soldiers from Echo Detachment, 208th Financial Management Company, 16th Special Troops Battalion, 16th Sustainment Brigade, processed salary payments to SoI while operating through the commercial vendor services office.

There are more than 8,800 SoI in Kirkuk province.

Sustaining the Line



U.S. Army photo by Spc. Kelly Anne Beck.

Lt. Col. Norman B. Green, the 304th Sustainment Brigade commander from Riverside, Calif., rides along with a Soldier during a visit to the Material Handling Equipment yard at Joint Base Balad, Iraq, March 13.



U.S. Army photo by Capt. Cassandra Fair

Spc. Jo Ann McCue (left), from Houston, Texas; Sgt. Anthony Vandyke, from Aurora, Utah; and Spc. Andre Pepler, from Cary, N.C.; all with Echo Det., 208th Financial Management Co., 16th Special Troops Battalion, 16th Sustainment Brigade, start their daily business in the finance office on Contingency Operating Base Q-West, Iraq, March 31. "We service an average of 100 Soldiers per day," said Capt. Cassandra Fair, executive officer, 208th FM Co. "Our mission is to provide the best financial management support to all Soldiers on the battlefield."



U.S. Army photo by Sgt. Teresa Wilt

Sgt. Jeffrey Sone, a unit armorer and a Dallas native, installs a chain in the new arms room constructed by the 317th Maintenance Company, 553rd Combat Sustainment Support Battalion, 10th Sustainment Brigade, at Camp Liberty, Iraq, March 8. The chain is to help secure the weapons racks and sensitive items for Echo Company, 949th Brigade Support Battalion's, 553rd CSSB, 10th Sust. Bde.



U.S. Army photo by Staff Sgt. Michael Shaw

Sgt. Brian Esslinger, assistant platoon sergeant, personal security team, Bravo Co., 16th Special Troops Battalion, 16th Sustainment Brigade, reenlisted at Contingency Operating Base Q-West Mar. 30. The Poulos, Wash., native reenlisted for five years and received a bonus of \$7,500. "I'm just living the dream," said the 12-year veteran. "There's no place like the military."