

# EXPEDITIONARY TIMES

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Vol. 2, Issue 18

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"Our Strength is for Defending"

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## DID YOU KNOW?

May 8, 2009 is Military Spouse Day or Military Spouse Appreciation Day.

United States citizens take this day to acknowledge the significant contributions, support, and sacrifices of spouses of their Armed Forces.

Military Spouse Day has been observed since May 23, 1984, when a proclamation by President Ronald Reagan recognized the profound importance of spouse commitment to the readiness and well-being of military members. The US Secretary of Defense standardized the date by declaring the Friday proceeding Mother's Day as Military Spouse Day in the United States.

Don't forget to send flowers or tell your spouse, loved one how much they mean to you while supporting you and your deployment.

Many stateside installations are hosting activities, events, seminars or workshops. Check the nearest installation for a listings of events.



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

Destined for the new Oasis International Water Development plant at Contingency Operating Base Adder, Iraq, the 39-ton PET Blow Injection Molder was stabilized by heavy lift cranes during unloading from the delivering aircraft, an Antonov An-124 cargo airplane, March 23.

# Coalition Forces to return portion of Highway to Iraqis

STORY AND PHOTOS BY  
SPC. KIYOSHI C. FREEMAN  
EXPEDITIONARY TIMES STAFF

CONVOY SUPPORT CENTER  
SCANIA, Iraq – Coalition forces will return part of Main Supply Route Tampa here to the Iraqi government this summer.



Over the past few years, the Coalition expanded Convoy Support Center Scania until it incorporated a length of MSR Tampa or Highway 1. At the time, taking over the highway and blocking it to local traffic was a

necessary security precaution, said Air Force Chief Master Sgt. Amanda S. Crowley, the senior noncommissioned officer, 37th Movement Control Team, 330th Transportation Battalion.

As a consequence of this safety measure, local traffic utilizes an ungraded and unpaved bypass road. On such a road surface, vehicles, especially trucks, are more prone to accidents, breakdown, or even rollover, said Air Force 1st Lt. Hannah N. Grewatz, commanding officer, 37th MCT.

However, with the improving security situation in Iraq, where acts of violence against Coalition forces are at their

lowest levels since 2003, MSR Tampa's southbound lanes will be returned to the Iraqi government.

"The main reason we came out here was to help out the Iraqi people," said Air Force Staff Sgt. Cesar E. Campos, 37th MCT. "We never intended to stay here for a long period of time, or to make things uncomfortable for the [Iraqis]."

Planning for the project began more than a year ago, said Grewatz, a native of Arlington, Texas. It required the coordination and partnership of various Coalition forces, particularly for the movement of more than 3,000 concrete, steel-reinforced T-walls. The walls,

which once enclosed the southbound lanes within the perimeter here, are being moved to the median.

Participating units meet daily to decide how best to facilitate the Army engineers of the 54th Engineer Brigade, Multi-National Division-South, said Crowley, a native Ellsinore, Miss. Participants discussed how to mitigate the construction's impact on convoy operations, the main reason for the base's existence.

Campos, of San Jose, Calif., admitted giving back the southbound lanes is a challenge to

See IRAQI HIGHWAY,  
Page 10

# 332 ESFS Blotter

## April 22 - 28

### **IDENTITY THEFT:**

A victim came to the law enforcement desk and stated that on April 23, he checked his USAA credit card account and noticed there were significant changes to his balance. The victim further stated there were two charges to his account that were fraudulent. The victim has contacted USAA and closed the account.

### **AAFES THEFT:**

A reporting party telephoned the law enforcement desk and reported a theft that had occurred at the AAFES PX. Security forces arrived on scene and made contact with the reporting party. The RP stated he was looking through the returns and noticed the serial number on a returned hard drive did not match the serial number on the box. The original purchase was made on April 19.

### **STRAY ROUND:**

A reporting party telephoned the law enforcement desk and reported a stray round. Security forces arrived on scene and made contact with the RP who said she noticed a hole in the ceiling and in the floor while cleaning her room. Additionally, she had contacted the housing office at about 2000 hours and two KBR personnel came to her room. The KBR personnel located the round lodged into the floor.

### **THEFT OF PRIVATE PROPERTY/UNSECURED:**

A victim came to the law enforcement desk to report theft of her property. The victim said that while playing billiards at the H-6 Recreation Center, she left her pool cue leaning against one of the billiards tables. She returned about three minutes later and found it missing.

**NIPR- 443-8602**

**SIPR- 241-1171**

**Email- PMOdesk@iraq.centcom.mil**

## LEGAL ALERT



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

### 3<sup>rd</sup> ESC Military Justice Report

In a General Court-Martial convened on April 10, 2009, a non-commissioned officer was convicted of wrongfully downloading videos of child pornography to his personal computer and of wrongfully possessing child pornography on a separate media device. These offenses were in violation of Article 134, UCMJ. The Soldier was sentenced by a Military Judge to the following:

- A Bad Conduct Discharge
- 12 months confinement
- Reduction to Private (E-1)

**Sustaining the Line!**

LEGAL ALERT

# EXPEDITIONARY TIMES

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

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304th Sustainment Brigade  
321st Sustainment Brigade  
332nd Air Expeditionary Wing

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

# Chaplain's Corner

*"People do not care how much you know until they know how much you care."*

*- John C. Maxwell*

"I love you man!" So goes the tag line of a popular beer commercial from a few years ago. Although the intent of the comment was dubious (to get his friend's beer), the expression of the statement was striking. Rarely do you hear men verbalize affection or concern towards one another.

In this, the year of the NCO, the topic of leadership is very important. When an E-4 becomes a sergeant, he or she takes on leadership responsibilities. No longer can they hide behind the protective shield of the specialist. So much more is now expected from this Soldier.

Some people mistakenly think leadership is about power. They are wrong. Leadership is about influence. It is about service. It is about helping others to succeed. NCOs are the backbone of the Army because they work together to get the job done. In the best sense of the word, they are a family, committed to each other's success and accomplishing the mission.

True leadership involves teaching, coaching and mentoring. It is the passing down of information, the instruction of how to do things right, the giving of guidance that comes from experience.

Most of all, leadership is about sacrifice. A great leader once said, "Greater love has no one than this, that he lay down his life for his friends." (John 15:13) In his life, and through his death, Jesus says to each of us, "I love you!" Now that is the ultimate example of someone who truly cares for his people.

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

# Hooah of the Week



U.S. Army photo by Spc. Kiyoshi C. Freeman

Spc. Bernadette Montes is congratulated by Brig. Gen. Michael J. Lally, 3<sup>d</sup> Sustainment Command (Expeditionary) commanding general, for being selected this week's "Hooah of the Week." Montes, from Whittier, Calif., was selected for the award for helping to organize and support a G4/S4 conference held here May 21-25.



*Don't forget your mom on **Mother's Day!!***

**May 10, 2009**

*"All that I am or ever hope to be, I owe to my angel Mother."  
-- Abraham Lincoln (1809-1865)*



Tune In To

## BALAD AND BEYOND

Telling the Sustainment Story from all across Iraq

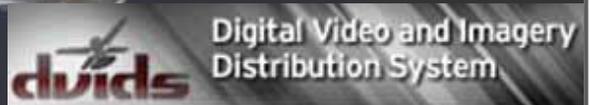
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# Tuskegee Airmen ... the legacy continues

BY STAFF SGT. DILIA AYALA  
332nd AEW Public Affairs

JOINT BASE BALAD, Iraq — History was made here April 23-25, as four Original Tuskegee Airmen visited the 332nd Air Expeditionary Wing and met the Airmen who are continuing their legacy in the 21st century.

Overall, the living legends: retired Lt. Col. Alexander Jefferson; retired Lt. Col. James Warren; retired Maj. George Boyd; and former Staff Sgt. Philip Broome met Airmen from across the wing, visited several facilities, and attended the 332nd AEW Combat Dining-In during their three-day visit here.

"I'm really thrilled at the opportunity to see and associate with such fine young people that represent my country, America," said Colonel Warren. "It is a pleasure to see the wonderful things that you (332nd AEW) are doing."

For only the second time, Original Tuskegee Airmen visited the 332nd AEW -- which traces its military lineage back to the 332nd Fighter Group in World War II, which was comprised of the Tuskegee Airmen.

"I never thought, 65 years ago as a member of the 332nd Fighter Group in Ramitelli, Italy, that we would come to this," said Colonel Jefferson. "It is above all expectations. We came up under some of the most adverse conditions: segregation, discrimination, even in the military, and we had to overcome this by persistence.

"As our leader Gen. Benjamin Oliver Davis said, 'persevere, stay with it, fight it, (and) overcome it,'" he continued. "I think this is part of it, part of the result of Benjamin Oliver Davis Jr., and a culmination of many of our hopes."

While the 332nd FG is known for its achievements, ultimately flying more than 15,000 sorties with 261 aerial victories to its credit, the group is also known for the adversity it faced.

"During and after WWII, the Tuskegee Airmen faced immense hardships

both abroad and at home," noted Colonel Bruce Cox, 332nd Expeditionary Operations Group deputy commander. "They were forced to endure both personal and professional challenges that would boggle the mind of the modern-day Airman.

"Setting high expectations, with committed teamwork and inspirational leadership, this extraordinary group of men overcame all obstacles and went on to achieve incredible combat results," the colonel added.

Today, the Original Tuskegee Airmen see the ultimate fruit of their hard-earned labors.

"The things that I've had to go through, I just forgot them and prayed that the day would come, and the day has come when I see the situation that exists now," Colonel Jefferson said. "I realize that what I went through was the basics, or a good foundation being laid for those that are here today to carry this job on. You have a job to do - do it. It's all for America."

During their visit here, the Original Tuskegee Airmen shared their wisdom and also encouraged servicemembers to continue to better themselves as individuals.

"(You) have a wonderful opportunity to get as much education as (you) can," said Sergeant Boyd. "Warfare is not going to change; you are going to be charged with killing the enemy before he kills you. However, you can improve yourself as a citizen. You can vote. Protect that system because you need it.

"Be the best that you can be," he added. "If you see someone next to you that is not doing all they can to be the best they can be, help them along. Be a friend. You cannot get there by yourself."

As the Original Tuskegee Airmen interacted with Airmen here and shared their stories, Capt. Jeannie Berry, 332nd Expeditionary Medical Operations Support Squadron trauma nurse, was glad the famous Airmen made the visit.

"It is wonderful to be able to showcase what we do here every day," said the captain deployed here from Spangdahlem



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

From left to right, retired Major George Boyd; retired Lt. Col. Alexander Jefferson; former Staff Sgt. Philip Broome; and retired Lt. Col. James Warren, all Original Tuskegee Airmen, pose in front of barrier art depicting a "Red Tail" P-51 here April 24. The famed World War II pioneers met with Airmen assigned to the 332nd AEW April 23-24. The 332nd AEW traces its military lineage back to the Tuskegee Airmen, who were part of the 332nd Fighter Group.

Air Base, Germany, and a native of Dover, Tenn. "It's an honor to carry on the Tuskegee legacy because they were such a great group of men.

"The wing should be proud to be called Tuskegee Airmen," she continued. "We need to continue doing the good work that we've been doing and continue their legend. They paved the way for everyone else in the military."

Not surprisingly, 332 AEW Airmen's admiration and appreciation for the living legends continued throughout the visit - especially during the combat dining-in April 24.

"It has been an honor to have some of our legacy and history with us," said Brig. Gen. Brian Bishop, 332nd AEW commander. "telling us what it's like to be a Tuskegee Airman. If it wasn't for them, we would not be able to do the things we are doing today."

After the four Original Tuskegee Airmen -- or "20th-century Tuskegee Airmen" as they referred to themselves -- shared some thoughts and stories with the "21st-century Tuskegee Airmen" (332nd AEW), Lt. Gen. Gary North, 9th Air Force and U.S. Air Forces Central commander, offered his perspective about the American patriots he escorted throughout the U.S. Central Command area of responsibility.

"What is captured in these gentlemen is an incredible ethos of America," said General North. "They fought adversity at home. They fought adversity overseas. They conquered and won.

"There's a senior airman in the room, there's a second lieutenant in the room, who will remember tonight when they're 90 years old," the general added.

Adding to the night's festivities, the audience sang "Happy Birthday" to Sergeant Broome, who will celebrate his 90th birthday next month.

In addition, General North an-

nounced the 332nd AEW has been awarded the Air Force Meritorious Unit Award for the period Feb. 1, 2008 to Jan. 31, 2009.

"That is because of the work each and every one of you does each and every day," said General Bishop.

Concluding the dining-in, the Original Tuskegee Airmen signed memorabilia and took photos.

"We had history right here," said Staff Sgt. Kelli Wietlisbach, 332nd Expeditionary Medical Support Squadron apheresis technician, deployed here from the 181st Intelligence Wing, Terre Haute, Ind. "I had the privilege of escorting Colonel Warren today. He showed me his photos, and told me his story.

"He lived through three wars," continued the Shelbyville, Ind., native. "He knew we could do it then, and we can continue to succeed now. We just have to do it. Fighting a war isn't easy, but, when you fight for a country that does not treat you as an equal and you don't give up, that is impressive to me. It just put it all in perspective and brought it full circle. How can I not want to do this? Be here? I can't let them (Tuskegee Airmen) down."



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

Staff Sgt. Jason Delcore, 332nd Expeditionary Aircraft Maintenance Squadron F-16 avionics system craftsman, explains aircraft-forms documentation to former Staff Sgt. Philip Broome, an Original Tuskegee Airman, here April 24.



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

Retired Lt. Col. James Warren, an Original Tuskegee Airman, shares his scrapbook with Staff Sgts. Kelli Wietlisbach, 332nd Expeditionary Medical Support Squadron, and Alphonso Price, 332nd Expeditionary Security Forces Squadron, here April 24.

# MEDICAL ALERT



**HEADQUARTERS**  
MULTI-NATIONAL CORPS - IRAQ  
BAGHDAD, IRAQ  
APO AE 09342

FICI-MD

20 April 2009

MEMORANDUM FOR SEE DISTRIBUTION

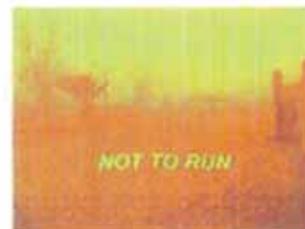
SUBJECT: Dust and Particulates in the Air

1. **PURPOSE.** To provide guidance on what you can do to stay healthy in dusty environments.
2. **BACKGROUND.** The dust in Iraq contains small particles that get into the smallest compartments of your lungs. During dust storms, the concentration of these particles is greater than is considered healthy for daily exposure. Most of the dust in Iraq is from the silted flood plains of the Tigris and Euphrates Rivers. The long-term risk from breathing dust in Iraq is low.
3. **DISCUSSION.** You can't breathe dirt! During exercise, you breathe many times the volume of air (and dust) compared to breathing at rest. The dust particles irritate your lungs and reduce their ability to exchange oxygen and carbon dioxide. Your lungs have a natural process for expelling the fine particles that are inhaled (mucous protection and coughing), but until you get rid of the dust, your lung capacity is reduced. Soldiers can only tolerate heavy exercise in the dust for variable periods of time. Decreasing exercise during dust storms will keep you mission-ready.
4. **RECOMMENDATIONS.** What you can do to stay healthy in dusty environments.
  - Hydrate.
  - Wash hands and face thoroughly before eating, and before going to sleep. Use hand sanitizer.
  - Avoid the direct flow of air from ACs or heaters as these may increase respiratory irritation.
  - Stop smoking as this can worsen or prolong the lung irritation due to dust and particulates.
  - Seek medical attention if you develop a fever, wheeze audibly, or if your cough does not go away within two weeks after each dust storm event.
  - Breathe through a wet cloth such as a neck gator or handkerchiefs.
  - Keep windows, doors, and tent flaps closed. Close vents on AC units.
  - Don't wear contact lenses. AR40-63 prohibits contact lens use during military deployments. Everyone should consider using goggles when dust levels are high.
  - Heavy aerobic PT should only be done during clear weather or in the gym
5. **REFERENCE.** USACHPPM 64-009-0708 Particulate Matter (PM) Air Pollution Exposures During Military Deployments.
6. The point of contact for this alert is the MNC-I Force Health Protection Officer, VOIP 485-4203; email: [DLMNC-ISURGEONFHP@iraq.centcom.mil](mailto:DLMNC-ISURGEONFHP@iraq.centcom.mil)

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DALLAS W. HOMAS  
COL, MC  
Surgeon



MEDICAL ALERT 09-09

# MEDICAL ALERT

MEDICAL ALERT

MEDICAL ALERT

# 25 ways to deal with an deployment frustrations

BY CH (CPT) DWAYNE JONES  
3<sup>rd</sup> ESC CHAPLAIN

JOINT BASE BALAD, Iraq - Service members in the 3<sup>rd</sup> Sustainment Command (Expeditionary) will soon be on their way home. It is an exciting time knowing they will be home with their

Families and have plenty of freedom to travel around without the 12 or 15 month confinement to one base.

However, many Soldiers will see their fellow comrades become temperamental or have an edgy attitude during the last few months of the deployment. Although it is not unusual for some, it should not be an excuse to become disrespectful, belittle, pull rank, or treat others unfairly.



*To defuse any negative attitudes, consider the following 25 ways to handle frustration:*

1. Relax, release and exhale.
2. Evaluate how you feel about the person and the situation.
3. Is the situation worth getting upset about?
4. Will getting upset and angry solve anything?
5. Will it hurt you to embrace someone with kind words?
6. Are you upset because things did not go your way?
7. A leader is nurturing NOT hurtful.
8. Be aware of how you handle stress and anger.
9. Fussing and cursing does not make you a stronger person, it makes you a weaker person. When you "fly off the handle" and show disrespect toward your fellow Soldier(s), it illustrates poor conflict management skills and lack of self-control.
10. Know when you are becoming angry and need to talk to someone, go see a Chaplain.
11. Learn how to control your anger; laboring in anger is not cool! Find constructive ways to channel your anger and frustration. (walking, running, writing, meditating, praying, talking with someone, relaxing, deep breathing exercises, working out, talking to yourself, etc.) Or talk to a Chaplain!
12. It is okay and healthy to say that you are angry, upset, or frustrated.
13. Take a few minutes to cool down before reacting to any potential hostile situation.
14. It is important to allow the person who is angry the opportunity to talk of their anger and feelings.
15. Diffusion is better than explosion.
16. Arguing and being upset is wasted energy.
17. Are you a problem solver or problem maker?
18. Be a motivator NOT an agitator.
19. Be a positive translator NOT a negative dictator.
20. Offer peace NOT war.
21. Be constructive NOT destructive.
22. An attitude is like a wild fire, it will spread. Don't be the person to burn the bridge because you may have to cross back over.
23. Be careful of the attitude that says, "it is my way or the highway," because it may be you on the highway.
24. Ask yourself the question, "Why am I angry?"
25. A positive attitude can open doors of opportunity.

Bottom line: *Life is bigger than any attitude. Walking around with an attitude is days you can't get back and will definitely NOT shorten your deployment. Continue to work together in an atmosphere that makes this a pleasurable and memorable deployment for you and your fellow Soldiers.*

# SAFETY

## Safety Topic of the Week

Courtesy of PS Magazine. For service members using Army equipment needing more information for on-going equipment issues and challenges, visit PS Magazine online:

<https://www.logsa.army.mil/ps-mag/psonline.cfm>



### HMMWV... Brake Warning Light On?

Something is wrong when the brake warning light stays on (no kidding!). But before you replace any parts, make sure you bleed the vehicle's brake lines.

Air trapped in the lines can cause the light. Your time and new parts can be wasted if you don't bleed the brakes first.

If the light stays on after bleeding, use the troubleshooting info starting on Page 2-342 of TM 9-2320-280-20-1 and Page 2-328 of TM 9-2320-387-24-1. If the proportioning valve is the culprit, replace it. Use NSN 4820-01-186-0822 to get the valve for basic HMMWVs.

For A1 and A2 HMMWVs, use proportioning valve, NSN 4820-01-359-9458. The ECV-series HMMWVs come with two proportioning valves. For the valve closest to the master cylinder, use NSN 2530-01-473-2724. For the other valve use NSN 4820-01-359-9458.

Do not try to save a "bad" valve by taking it apart and adjusting it. Any tampering ruins the calibration set at the factory.

When you replace the proportioning valve, add a light coat of lube, NSN 9150-00-273-2389, to the valve's electrical connector pins. A little lube heads off corrosion.

# Gator safety can save lives

BY SPC. AMANDA TUCKER  
EXPEDITIONARY TIMES STAFF

JOINT BASE BALAD, Iraq – To prevent



Gator and all-terrain vehicle rollovers, Soldiers need to use safety measures at all times and be trained to prevent accidents that could result in injuries or, in some cases,

death.

"They look at it as a toy," said Charles M. Timms Jr., the safety director for the 3<sup>d</sup> Sustainment Command (Expeditionary), and Houston, Texas, native. "We don't train our Soldiers for that and these vehicles are not designed for (joyriding)."

Gators are intended to haul small loads of equipment between two points

in small distances, but can also be used as transportation around base. For example, in order for Gators to be used on JBB roads, they have to be inspected by the provost marshal or licensing committee to determine if it is safe on the road. Required equipment for Gators are rollover protection bars, a windshield, mirrors and proper lighting to be seen by the larger vehicles that drive on base.

Most accidents occur when Soldiers drive too fast and are unaware of their surroundings or unfamiliar with the terrain. But even if a Gator rolls over, there are preventive measures that can be used to decrease the chances of injury.

"A majority of the serious injuries are coming from Soldiers extending their body parts from the vehicle," Timms

said.

Soldiers take classes to help prevent this natural reaction. They are also taught the proper safety procedures to help minimize risks in the event of an accident.

One safety measure is the wear of proper personal protective equipment. The PPE includes gloves, reflector belt, kevlar and eye protection. Two Army policies are used to train Soldiers on the operation of these vehicles: Army Regulation 600-55, covering motor vehicle driver and equipment operator selection, training, testing and licensing, and AR 385-10, the Army Safety Program.

"If you adhere to these policies most accidents are avoidable," said Chief Warrant Officer Christopher Wilson, the Task Force 239 safety officer and

Enterprise, Ala., native. Task Force 239 consists of service members from the 224th Military Intelligence Aerial Exploitation Battalion, from Hunter Army Airfield in Savannah, Ga., and 15th MI AEB, from Fort Hood, Texas. TF 239 is currently based at JBB.

Soldiers need to be aware that even though there are not speed limits through parking lots, pot holes and uneven terrain can be hazardous as well.

"When people go and do things (on these vehicles) that don't pass the common sense test, they get hurt," Wilson said.

"If you hit a pole or a hill going 30 miles per hour, the results aren't going to be too great in your favor," Timms said. "If we can put one thing out there, it's to let these Soldiers know this is not a toy."

## California Reservists take aim at weapon safety

By STAFF SGT. STEPHEN LEE  
304TH SUST. BDE.  
PUBLIC AFFAIRS

JOINT BASE BALAD, Iraq – The 304th



Sustainment Brigade command safety team and its battalions began battling friendly fire and negligent discharge incidents by conducting training for Soldiers here.

Since February, the team took initiative to inform Soldiers of the dangers of improper handling of their weapons.

The teams have posted signs around the brigade, battalion, and company areas while re-emphasizing the importance of muzzle awareness.

Chief Warrant Officer Timothy Brady, the 304th Sust. Bde., safety officer and native of Garden Grove, Calif., is dedicated to informing Soldiers of the

potential hazards connected with improper weapons use, disobedience of posted regulations, irregular cleaning and maintenance, and the poor muzzle awareness.

"Soldiers are becoming complacent in regards to handling their weapons which has resulted in the recent increase in negligent discharge incidents," Brady said.

Between March 2003 and December 2008, there have been 166 serious incidents in Operation Iraqi Freedom from negligent discharges, Brady said. The most disturbing thing about these incidents is that they all could have been prevented - had proper precautions been taken.

Prior to Operation Enduring Freedom and OIF, Soldiers would rarely handle their weapons outside a closely controlled environment. After the inception of these campaigns, Soldiers travel around in theater with their

weapons and live ammunition at all times.

Brady said weapons have become so commonplace that many deployed Soldiers have become so relaxed that they neglect to use the proper safety procedures for the handling of weapons systems.

In response to this, the Army created a campaign known as THINK, which stands for:

- Treat every weapon as if it is loaded
- Handle every weapon with care
- Identify the target before you fire
- Never point the muzzle at anything you don't intend to shoot
- Keep the weapon on safe and your finger off the trigger until you intend to fire.

By instilling this training to Soldiers of the acronym and proper weapons clearing procedures can help dramatically reduce the amount of friendly fire and negligent discharge deaths Army-

wide.

Soldiers are encouraged to immediately stop any unsafe acts they witness and take corrective actions immediately.

Leaders and soldiers at all levels are the first line of defense against negligent discharges by enforcing and assuring that proper weapons safety guidance and training is addressed on a regular basis.

Brady, along with other brigade and battalion safety representatives, continue to stress the importance of weapons safety and muzzle awareness by giving a weapons related safety tip at each battle update brief for commanders and other representatives to disseminate to the lowest levels.

The 304th Sust. Bde. is an Army Reserve unit from Riverside, Calif., and supports the 3<sup>d</sup> Sustainment Command (Expeditionary) logistics mission in Iraq.

## Divorce Law 101 answered by the JBB legal center

By MAJ. BRIAN H. NOMI  
JBB COMBINED LEGAL CENTER

JOINT BASE BALAD, Iraq -- The strain



of deployment can sometimes lead to divorce. As a result, Soldiers should have basic information concerning divorce law and knowing resources available

to them from assistance.

The Joint Base Balad legal assistance office offers legal support services and guidance when dealing with a divorce. Some services offered are: Reviewing of court documents, referral to divorce lawyers, and offering advice on a particular situation.

Note that divorce law varies between states and a territories. Contacting a military legal professional for information on state-specific guidelines is both helpful and necessary.

The divorce process is started by filing a petition for divorce in court. Every state and county has different forms, rules, and filing fees that apply to such a filing. Accordingly, it is often a good idea to use legal professionals who are familiar with the specific rules of the county in which the divorce is to be filed. After filing the divorce petition with the court, every state has a waiting period. This period could be as short as 20 days, or as long as one year, depending on the state and type of divorce.

During the course of the case, the parties should attempt to reach an agreement on certain subjects, such as: division of marital property, allocation of marital debts, spousal support, child support, and child custody. This is known as a "marital settlement agreement." However, if the parties cannot agree, they will be required to dispute the matter in court. This pro-

cess which could be very lengthy and expensive.

A divorce case can be handled for less than \$500 when the parties agree on all issues. However, the process can cost tens, even hundreds, of thousands of dollars when parties have extensive issues they cannot agree on.

At the end of the waiting period, assuming all requirements have been met, the court will issue a decree of dissolution. This document has the legal effect of ending the marriage. It is important to notify the finance office about this, because it could change entitlements to certain types of family support pay.

There is no requirement for separation, legal or otherwise, before getting a divorce. Until fully and legally divorced, it is unlawful for service members to have sexual relations with anyone other than their spouse and can be punished under the Uniform Code of

the Military Justice, Article 134.

Another key point to know is that one spouse does not "give" the other spouse a divorce. A court "gives" the divorce. Most divorces are based on the "no-fault" concept, which means that a divorce will be granted if one spouse claims that there are irreconcilable differences. One person can get divorced even if the other person wants to remain married, and even if that other person does everything possible not to cooperate with the process.

The JBB LAO is located in the Combined Legal Center, at the intersection of Hawk and Pennsylvania Avenue (The barriers are painted like a castle with a blue sky above it). While JAG officers cannot serve as divorce lawyers, they are a great resource for assistance and can be contacted at the LAO at DSN 318-433-2836. Appointments are available Monday through Saturday, 0900 to 1800 hours.

# Bottling plant arrives

STORY AND PHOTO BY  
MASTER SGT. CARL MAR  
287TH SUST. BDE.  
PUBLIC AFFAIRS

**CONTINGENCY OPERATING BASE ADDER, Iraq** – The completion of a water bottling plant here took a major step forward on March 23, when the world's second largest airplanes, an Antonov An-124, landed at adjacent Ali Air Base with a cargo of water bottling equipment.

The sight of the huge airplane circling the air base prior to landing caused a stir among residents here.

Dozens of onlookers flocked to the runway to view the unusual plane and watch its payload being unloaded. The payload was a polyethylene terephthalate (PET) blow injection molder system, made by Veneto, Italy's Societa



It takes a big plane to deliver a "portable" water bottling plant. An Antonov An-124, the world's second largest aircraft with a payload of 150 tons, was used to deliver the plant's main equipment from Camp Taqqadum to Contingency Operating Base Adder, March 23.

Industrializzazione Progettazione Automazione (SIPA).

The bottle molder machine, the largest piece of the system, weighed 39 tons and was larger than a semitrailer. A half-dozen flatbed trucks were needed to move the equipment from the air base to the plant.

According to Chief Warrant 2 Stuart Stupka, 287th Sustainment Brigade support operations general services office chief, resident of Hays, Kan., the machines will be used by the Al Morrell Oasis International Water Development plant which is currently being built on base to make and bottle fresh water using the water from the Euphrates River.

"The equipment came from a portable bottling plant originally located at Camp Taqqadum, west of Baghdad. That plant was dismantled and its parts moved here. The PET machine delivered today is the main component for the new plant. With it, they'll be able to make plastic containers to bottle the water," he said

"The plant itself is scheduled to begin production May 31. Thereafter, COB Adder will be the main source for fresh water for all of southern Iraq," said Stupka.

The Antonov An-124 which first flew in 1982, was manufactured by Russia's AviaStar-SP and the Kyiv Aviation Plant, AVIANT, in Ukraine. Twenty-five percent larger than the American-built C-5 Galaxy, the Antonov An-124 has a payload of 150 tons and is often used to deliver humanitarian aid in

From page one



Destined for the new Oasis International Water Development plant at Contingency Operating Base Adder, Iraq, the 39-ton PET Blow Injection Molder was stabilized by heavy lift cranes during unloading from the delivering aircraft, an Antonov An-124 cargo airplane, March 23.

large quantities throughout the world. Over 40 Antonov An-124s are currently in use by Russia, Ukraine, United Arab Emirates and Libya.

## Speicher Trans. Soldiers conquer Knights' quarter board

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

**CONTINGENCY OPERATING BASE Q-WEST, Iraq** – Twelve Soldiers from seven battalions around northern Iraq competed for the title of 16th Sustainment Brigade Warrior or Warrior Leader of the Quarter title during a board here April 22.

Each Soldier answered a multiple-choice test covering Army topics and then faced a panel of battalion command sergeants major, and Command Sgt. Maj. James Spencer, command sergeant major, 16th Sust. Bde.

During the board, Soldiers disassembled their weapons and answered questions on topics such as map reading, land navigation, combat lifesaver, Army customs and courtesies, current events, and several others Army warrior topics. The competitors were required to arrange military ribbons in the order of precedence, recite the "Creed of the Non-commissioned Officer," and sing the 3<sup>d</sup> Sustainment Command (Expeditionary) song.

One Mannheim, Germany-based transportation company from Contingency Operating Base Speicher, all other Sustainers at the quarter board. Soldiers

from the 70th Transportation Co., 391st Combat Sustainment Support Battalion, 16th Sust. Bde., took home both the brigade's warrior titles.

Spc. Jonathan Patton, gun truck driver, 70th Trans. Co., 391st CSSB, out performed five other battalion board winners to earn the Warrior of the Quarter title. Sgt. Ahmad Mahmoud, gun truck commander, 70th Trans. Co., 391st CSSB, who competed with five of his peers to earn the Warrior Leader of the Quarter title.

Both Soldiers will advance and participate in the upcoming 3<sup>d</sup> ESC quarter board.

"It felt good to represent our command sergeant major and battalion and be a part of the great things we do," said Patton, a native of Ft. Worth, Texas.

The Warrior Leader of the Quarter, Mahmoud, a Houston, native, said he was already looking forward to the next board.

"I'm excited by the fact that I won, and I'm looking forward to the responsibility of representing the 16th Sustainment Brigade at the 3<sup>d</sup> ESC board," Mahmoud said.

Mahmoud, who is Egyptian and in the process of getting American citizenship, said he came to the U.S. with his family when he was 12-years-old. He joined the Army in 2002 to travel, and this is his third deployment.



Sgt. Ahmad Mahmoud, 70th Transportation Company, 391st Combat Sustainment Support Battalion, 16th Sustainment Brigade, disassembles his M16 and answers questions from a panel of command sergeants major at the 16th Sust. Bde., Warrior and Warrior Leader of the Quarter board at Contingency Operating Base Q-West, Iraq, April 22.

Mahmoud distinguished himself recently when he served on the 391st CSSB's team at the 3<sup>d</sup> ESC's 2009 Sustainer Challenge at Joint Base Balad from March 18 to 19. His team finished third in the competition out of 22 teams, the highest finish for any 16th Sust. Bde. team, however, placed first in the combatives portion of the competition.

Mahmoud said he was proud of his service in the Army and wants to make it a career. But wants to change his Military Occupational Specialty and become

an Army linguist once he gets his citizenship.

Staff Sgt. Carleuna Hawkins, who sponsored Patton and Mahmoud at the board, said she constantly quizzed the two (Soldiers) in order to prepare them for the board.

"They had to carry index cards on them," said Hawkins, an Austin, Texas, native. "Regardless of what they were doing throughout the day, they'd get drilled, and they'd maintain their weapons and (would) clean them every day."

# 555th Engineer Brigade supports CREW Training

STORY AND PHOTO BY  
MAJ. JOHN STRAHAN  
555th Engineer Brigade

JOINT BASE BALAD, Iraq - Combatting threats and improving force protection are major concerns for personnel serving in Iraq. The Counter Radio-controlled IED Electronic Warfare system, designed and fielded to protect personnel travelling the roads is a component of force protection. Ten students at Joint Base Balad, JBB, recently completed a forty hour course and became certified CREW Specialists.

The course, taught by Lt. Cdr. Chris Wanstreet and others, is designed to increase the numbers of CREW Specialists in the theater. "Our goal is to train enough personnel to have one CREW Specialist in each platoon," said Wanstreet. Originally from Virginia Beach, Va, Wanstreet is a Naval Surface Warfare Office, assigned to the 555th Engineer Brigade. The brigade, from Ft. Lewis, Wa. is currently deployed to Iraq.

Students who complete this training will be able to better operate the equipment. "Course graduates will be certified to perform preventive maintenance and required tests prior to operations," said Wanstreet. With increased knowledge and confidence,

personnel will have a better understanding of how to use the equipment. "This is part of an ongoing effort to better equip, train and protect new battalions arriving in Iraq," said Wanstreet. "We have plans to continue with two classes each month."

The CREW system is designed to combat the Improvised Explosive Device (IED) threat. "All (service) branches benefit from the system and training," said Wanstreet.

Staff Sgt. Amber Balbach received her first CREW training while attending the course. "This is good information," said Balbach. "It is not a typical system we use in the Air Force." Balbach, from Amherst, Neb., describes the system as a way to "make sure everyone in the convoy stays safe." Balbach welcomes the training and is glad she can be part of the effort to increase force protection.

Besides learning to operate the system, students are also able to help keep the equipment in service. Lt. Cameron Brooks, from Houston, explains, "If students have a good understanding of the system, they can troubleshoot problems as well. This helps to keep the equipment in service." Brooks, a Naval Weapons System Officer, is another course instructor. She is assigned to the 5th Engineer Battalion, part of the 555th Engineer Brigade. This is the third class Brooks has been involved in. "I look forward to teaching more CREW specialists," said Brooks.



Staff Sgt. Amber Balbach checks equipment while fellow student, Sgt. Marcus Riggin looks on during the CREW Specialist course at Joint Base Balad, Iraq.

"It is very important for users to better understand the equipment."

CREW specialist training provides necessary information that students will use daily. Sgt. Lamont Tanksley best described the course as "great training, necessary in this theater."

As a Personnel Security Detachment team member, the Army sergeant from Bremerton, Wa. understands the values of this course.

"This is something I will use," Tanksley said. "This training will not be 'pigeon-holed,' it will save lives."

# Cargo transfer Soldiers earn combat patch

STORY AND PHOTO BY CAPT. NATALIA  
MERCEDAS-WILLIAMS  
UPAR, 18th CSSB, 16th Sust. Bde.

CONTINGENCY OPERATING SITE MAREZ-EAST, Iraq -- Soldiers from the Fort Eustis, Va., based 359th Inland Cargo Transfer Company, 18th Combat Sustainment Support Battalion, 16th Sustainment Brigade, received their combat patch supporting Operation Iraqi Freedom at a ceremony in the company's motor pool here, April 18.

During the ceremony, Headquarters and Headquarters Company, 18th CSSB's Capt. Bertalina Villar, commander, and 1st Sgt. Moises Gonzales, first sergeant, along with representa-

tives from other sections within the battalion congratulated each Soldier on earning their combat patch.

"I feel very proud of all Soldiers from this detachment, and it was an honor to present them with their deployment patches," said Villar.

The company is integrated with numerous combat veterans who have been previously deployed in support of Operation Iraqi Freedom and Operation Enduring Freedom.

Sgt. 1st Class Myron Moore, platoon sergeant, 359th ICTC, and a native of Yorktown, Va., is serving his fifth deployment, said he is proud of his service.

"It's a significant event in my career serving as a platoon sergeant of 51 Soldiers in combat under the 18th CSSB," said Moore. "It's an honor to serve my country."



Headquarters and Headquarters Company, 18th Combat Sustainment Support Battalion, Capt. Bertalina Villar, commander and 1st Sgt. Moises Gonzales, first sergeant, congratulates Sgt. 1st Class Myron Moore, 359th Inland Cargo Transfer Co. platoon sergeant, after his unit received their combat patch during a ceremony at Contingency Operating Site Marez-East, Iraq April 18.

## On the Web



3D SUSTAINMENT COMMAND  
(EXPEDITIONARY)

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

# IRAQI HIGHWAY Continued from page one

his team, who will lose parking spots and staging lanes to manage convoys.

It requires the coordination of MCTs across Iraq to schedule convoys so they do not arrive here all at once, or when a convoy leaves, causing traffic jams, Grewatz said.

"I'm sure it's more frustrating for the convoys than it is for us," she said. "Not really knowing what's going on inside the yard, why they can't come in as fast as they used to."

Crowley said the number one priority is getting convoys inside the base as quickly and safely as possible. However, she went on to say, the long-term benefit of giving the road back to the Iraqis was important and Crowley believes the Iraqis appreciate it.

"They want to have a better road to drive on, and it helps facilitate what they do," she said.



Sgt. Jonathan P. Bowman, of Blackstone, Va., 180th Engineer Co., watches as dump trucks drop off more gravel at Convoy Support Center Scania, Iraq, April 17. Army engineers will use the gravel to smooth out road surfaces and for dust reduction.



A Coalition convoy rolls past U.S. Army engineers as they continue moving T-walls along Main Supply Route Tampa near Convoy Support Center Scania, Iraq April 17. Coalition forces will return MSR Tampa's southbound lanes to the Iraqi government this summer.



Engineers with the 180th Engineer Co., Virginia Army National Guard, move a concrete T-wall into place along Main Supply Route Tampa, near Convoy Support Center Scania, Iraq April 17.



U.S. Army engineers with the 180th Engineer Co. continue to move T-walls along Main Supply Route Tampa, near Convoy Support Center Scania, Iraq April 17. In the background is the Scania bypass route, which Iraqis use to drive around Convoy Support Center Scania.

# Raad new face at Kirkush MTB

BY LT. COL. RENEE A. ROUSE  
304TH SUST. BDE. PAO

DIYALA PROVINCE, Iraq — Col. Raad Kalaf Marzok Al-Fhdawe, incoming commander for the Kirkush Third Line Maintenance Company met with Lt. Col. Norman B. Green, commander of the 304th Sustainment Brigade from Riverside, Calif., during a key leader engagement visit at Kirkush Military Training Base here, April 3.

This KLE was a demonstration of the continued partnership between the Kirkush Regional Maintenance Company and the 3<sup>d</sup> Sustainment Command (Expeditionary).

A vital part of the KLE was the Kirkush Logistical Training and Advisory Team. This LTAT has been assisting the Iraqis building their capabilities during maintenance and logistics training.

Raad described the LTAT as “good people, very helpful and that it is necessary for them to act as a unit so that they can be helpful to (us).”

The first class of maintenance operators graduated April 29 and Raad said having a graduation ceremony instilled confidence in the Iraqi Army Soldier and gave them a sense of pride in their diploma.

During the KLE visit, Raad shared the accomplishment of his Soldiers.

He shared with the visiting Coalition Soldiers a video of the Iraqi Soldiers working on humvees, batteries

and transmissions.

Since March 2009, six classrooms were built where the students learn maintenance operations. Each classroom displays pictures and charts of engines, transmissions, vehicle batteries and mechanical safety on the walls.

Raad recently assumed command from Col. Mohammed Saleh Mahdy.

Col. Raad Kalaf Marzok Al-Fhdawe, the commander of the Iraqi Army’s third line Maintenance Company shows Lt. Col. Norman B. Green, the commander of the 304th Sustainment Brigade, a display in one of the classrooms used to teach his troops to repair and up-keep vehicles at Kirkush Military Training Base, Iraq April 3. Raad recently assumed command from Col. Mohammed Saleh Mahdy.



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

## Sustainer NCO, OIC to help supply local schools in southern Iraq

BY SGT. HEATHER WRIGHT  
287TH SUST. BDE.  
PUBLIC AFFAIRS

CONTINGENCY OPERATING BASE ADDER, Iraq — It is not often Soldiers receive a special delivery of packages from celebrities in Iraq.

Sgt. Brian C. Lawson, assistant convoy and scout truck commander with Alpha Company, 56th Brigade Special Troops Battalion, 167th Combat Sustainment Support Battalion here, received just that April 13.

Actor Stephen A. Baldwin and television host Leeann Tweeden surprised Lawson after returning from a mission to a local Iraqi school.

Baldwin delivered letters addressed to Lawson and his fellow Soldiers from Grapevine Elementary School in Grapevine, Texas. Also included in the delivery

were many boxes of school supplies and letters from a third grade class for Iraqi school children.

Baldwin had more good news: Lawson’s unit and the 287th Sustainment Brigade will receive 3,200 school supply kits on behalf of Operation Iraqi Children, a grass-roots program created by actor Gary Sinise and Laura Hillenbrand in 2004, to distribute to local Iraqi schools in southern Iraq.

Lawson, a Fort Worth, Texas native, contributes to the welfare of Iraqi school children by providing basic school necessities.

He began his humanitarian efforts in 2004 when his unit, Alpha Company, Task Force 91st Engineer Battalion, 2nd Brigade Combat Team, 1st Calvary Division, adopted a local Iraqi elementary school in northwestern Baghdad — helping to rebuild the school after it was bombed.

As part of the effort, he partnered with



U.S. Army photo by Sgt. Heather Wright

Actor Stephen A. Baldwin reads a letter from a Grapevine Elementary School, Grapevine, Texas, student to Sgt. Brian C. Lawson, assistant convoy commander and scout truck commander with Alpha Company 56th Brigade Special Troops, 167th Combat Sustainment Support Battalion, at Contingency Operating Base Adder, Iraq April 13, while Capt. Steve Blankenship and Leeann Tweeden look on.

his mother - Barbara Lawson, a Grapevine Elementary School special education school teacher and former American Airlines employee — to mail 30 boxes of school supplies for the Iraqi elementary school students.

Today, Lawson continues his service with the 167th CSSB civil military operation by conducting missions to help Iraqi citizens rebuild their civil infrastructure and educational system through humanitarian assistance.

“Once I started doing CMO missions, that’s when I got really excited,” Lawson said. “I’ve tried to get on every one (missions) I possibly can. That’s (delivering supplies) the thing that I enjoy most out of any of the missions we’ve done in Iraq — I mean, seeing the impact on the kids whenever we give them a notebook. A simple notebook makes their day.”

Lawson described that the schools he visits lack the facilities of those seen in the states.

“A lot of these schools, like the one I

visited yesterday, are (made of) clay and mud huts. They have no electricity, no water and no restrooms. The children and schools have little to no supplies,” he said.

Unable to provide new buildings and electricity, Lawson knew of one way to help the kids — with school supplies.

OIC was able to provide 3,200 school supply kits of the 9,000 that OIC had earmarked for Iraq. The trip also included a Morale Welfare and Recreation celebrity stop in Baghdad.

Lawson looks forward to handing out the supplies and reading Grapevine Elementary students’ letters to Iraqi children.

“I think a major importance in reestablishing Iraqi society and government is to secure their future. Their children are their future. If children can’t be educated, then there is no future for Iraq,” said Lawson. “I’m happy I was able to do my little part to help secure a future for these children.”



U.S. Army photo by Maj. Dale Coparanis

A box of letters from the Grapevine Elementary School, Grapevine, Texas was delivered by Actor Stephen A. Baldwin to Fort Worth, Texas native, Sgt. Brian C. Lawson, assistant convoy commander and scout truck commander with Alpha Company 56th Brigade Special Troops Battalion, 167th Combat Sustainment Support Battalion at Contingency Operating Base Adder, Iraq April 13.

# OUR STRENGTH IS FOR DEFENDING



U.S. Army photo by Sgt. Crystal Reidy

The Sexual Assault Awareness essay contest winners is congratulated by Brig. Gen. Michael J. Lally, 3<sup>d</sup> Sustainment Command (Expeditionary) commanding general, and Col. John L. Dolan, 332nd Air Expeditionary Wing Vice Commander, at Joint Base Balad, Iraq, April 30. The essay writing contest was part of the Department of Defense campaign and national observance to raise awareness of sexual assault. (From left to right) Lally, Tech. Sgt. Erin R. Jacobs, Maj. Christine Borgognoni, Senior Airman Derek T. Dunn and Dolan.



By Maj. Christine Borgognoni  
3<sup>d</sup> Sustainment Command (Expeditionary) Force Protection

This I will defend: the rights of all Soldiers to live in an environment free of cohesion, threat, or fear of their fellow Soldier. All must be aware of the freedoms we are here to defend, the freedoms so eloquently spelled out by our Founding Fathers in the Constitution of the United States. I am here to defend the United States from my enemies, and my enemy should not be my fellow Soldier. My strength is derived from these freedoms and I will not submit to the ignorance of others.

Strength is more than the physical power of one's muscles. It is found in the character of our Soldiers. It is the strength of our Soldiers that allows them to defend one another in the face of danger, both physical and moral. Sexual assault is both a moral and physical threat. The assault on one Soldier is an assault on the team, the unit, and ultimately the United States Army. It physically damages the victim and challenges the moral fabric that knits a team together.

Our Families rely on the strength of the team to protect each and every one of us. The Family is able to cope and comprehend the enemy outside the wire. But when the enemy wears the same uniform our Families struggle to understand what Army they have given their Soldier too. Sexual assault destroys the Soldier, the team, and the Family.

Soldiers must tap into their strength to defend one another. To acknowledge the threat of sexual assault and take an aggressive stand against it. It is in strength a Soldier backs off when told their advances are not welcome. It is in strength the team rallies to prevent assault from occurring. It is in strength that the Families give their Soldiers to the Army. It is in strength that we are able to come together as one team to defend this Great Nation.

**Editor's Note:** The essays are reprinted for the essay writing contest winners in recognition of the 2009 Sexual Assault Awareness month sponsored by the 3<sup>rd</sup> ESC and 332d AEW at Joint Base Balad, Iraq, April 30.

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By Tech Sgt. Erin R. Jacobs

*64th Expeditionary Helicopter Maintenance Unit*

Our strength is supposed to be for defending ourselves from the enemies that we fight against daily not from those that we're suppose to trust.

No longer can we walk safely to the restroom or sit on our front steps and enjoy the night's air and the cool breeze on our faces. No this is considered unsafe because, walking somewhere consists of watching over your shoulder and praying that the sound you heard isn't someone stalking you in the shadows while on your way to your room.

Walking alone is never an option but, when you live alone it's the only way to get around. You learn to avoid the shadows and treat every sound as if it were someone watching your every movement. You start to devise a plan in your head of what you'll do, where you'll run and whose door you'll knock on if someone were to attack you.

When you are the only female in the unit you have several eyes overlooking your every movement and making sure that you do not become a statistic. Always someone who'll run with you after your late night shift because, they want to know that you made it safely to the gym and were not attacked in the dark of night and left behind. Always there to advise you when they think you shouldn't walk alone.

When did we start fearing our fellow brothers and even our sisters? The base is supposed to be the safest place when deployed but, you never truly feel safe.

Trusting someone becomes harder than it does easier. Never knowing who the

friend is and who is really a foe. Your best friend could be the very one that sexually assaults you and tries to back you in a corner so that a word is never spoke of the assault that took place. No, that person will hold things over your head making you feel embarrassed and ashamed that you let this happen to you. How could you be naive and think that this person was truly your friend? So many thoughts run through your head. You begin to think you are the only one that this has happened to but, in reality it happens to hundreds daily.

Our strength is in numbers. We must defend what is rightfully ours and by doing this the enemy will lose and we will win. The enemy needs to be brought to the light and shown to everyone so that they'll feel as ashamed as we did and as embarrassed as we once were.

Our strength is what will get us by through the hard times and if we give into the weakness then we have not truly defended our strength hard enough. Sexual assault victims are not alone and if you ask around you'd be surprised just how many people are victims of sexual violence. It could be the person sitting next to you, a co-worker or a relative or even me. We need to remain strong and not hide in the shadows like our enemy.

Our strength comes from talking with others and sharing with them the torment you went through and how ashamed you felt. This is how we defend our strength, by showing our enemy that they have not won and that we will rise from the bottom to the very top. Defending our strength is defending our future.

3

By Senior Airman Derek T. Dunn

*727th Expeditionary Air Control Squadron*

Sexual assault is more than just a term describing indecent sexual conduct, it is the end result of a chain of events which, in most cases, could have easily been prevented. Fellow service members and friends play a big role in the outcome, and hopefully prevention of a possible sexual assault.

Unfortunately, for many years, sexual assault has been one of the most underreported crimes in not only the general civilian population of the United States, but in the population of its military as well. In an effort to reduce the number of sexual assaults committed in the military, and as a result, the impact of those assaults on all military personnel, regardless of their level of involvement, the Department of Defense has designated April of 2009 as sexual assault awareness month. The theme for this month, Our Strength is for defending, focuses primarily on the importance of bystander intervention, emphasizing perhaps the most critical mission of each and every military service member – the protection and defense of others.

As greater focus is placed on the prevention and reporting of sexual assault with each passing year, it is important that service members understand the progression of sexual assault policies and directives in the military, as well as the impact of such assaults on military personnel in the all-to-recent past. In 2004 Ms. Ellen Embrey, Deputy Assistant Secretary of Defense for Force Health; Protection; and Readiness, was charged with assembling a task force to evaluate the effectiveness of the DoD in handling the treatment and care of sexual assault victims, with an emphasis placed on the level of care provided in combat theatres ("About SAPRO", 2009). In as little as ninety days the task force reported back with a series of recommendations. In January of 2005 the DoD presented to congress a comprehensive policy regarding the prevention of, and response to sexual assault, and ten months later DoD Directive 6495.01, Sexual Assault Prevention and Response Policy, was approved and put into place (2009).

While legislation, such as DoD Directive 6495.01, has significantly helped to spotlight the importance of sexual assault education and prevention in the military, the reality of such assaults can still be difficult to comprehend. In FY07 alone there were 2,688 total reports of sexual assault involving military members. The actual number of sexual assaults which occurred, and went un-

reported, are most likely much higher. Of the 2,688 total reports, 2,085 were unrestricted, citing 1,259 counts of rape, 124 counts of forcible sodomy, 701 counts of indecent assault, and 1 allegation of an attempt to commit one or more of these offenses. Of the 705 restricted reports filed, 489 alone were for allegations of rape. Furthermore, there were 174 reports of sexual assault in the USCENCOM, the conditions of which made accurate data collection very difficult (March 2008). With numbers such as these it is important that the military continues to place a heightened emphasis on sexual assault prevention and response.

It is no secret that the military environment is unique in the ways in which its members interact. Unfortunately though, the military environment also indirectly facilitates unique situations which allow for an increased likelihood of sexual assault, such as those which can occur during TDY or expeditionary operations. As always, individuals such as the SARC, chaplains, and doctors are available for assistance regarding sexual assault prevention, counseling, and treatment. However; we, as service members, should understand that factors such as excessive alcohol consumption and stress, to name only a couple, can trigger instances of sexual assault. Furthermore, we need to be able to recognize these situations and should be prepared to step in and put a stop to unnecessary behavior before it ever has an opportunity to get out of hand or, if possible, before it even has an opportunity to begin, regardless of whether it is occurring inside or outside of the workplace. While the victim is always the first line of defense against a potential sexual assault, their friends and coworkers are a close second. It is imperative that we are always prepared to help our fellow service members, preferably before our help is needed, or worse, before it comes too late; it is each and every service member's responsibility to ensure that help never comes too late.

We must always remember that our strength as individuals and as the United States military as a whole is not only to be used in the preparation for, and execution of, military operations, but also in the protection and defense of those around us, whenever, wherever; we must always remember that our strength is for defending.

# Asian Pacific American Heritage Month

*Leadership  
to  
Meet  
the  
Challenges  
of a  
Changing  
World*

## Historical Overview

The "Asian/Pacific American" designation encompasses over 50 ethnic or language groups including native Hawaiians and other Pacific Islanders. There are now more Asian and Pacific Islander groups than in the past - with 28 Asian and 19 Pacific Island subgroups representing a vast array of languages and cultures. These groups include Chinese Americans, Filipino Americans, Japanese Americans, Korean Americans, Vietnamese Americans, Asian Indian Americans, Laotian Americans, Cambodian Americans, Hmong Americans, Thai Americans, Pakistani, Samoan, Guamanian and many other language groups.

"Native Hawaiian and Other Pacific Islander" refers to people having origins in any of the original peoples of Hawaii, Guam, Samoa, or other Pacific Islands. It includes people who indicated their race or races as "Native Hawaiian," "Guamanian or Chamorro," "Samoan," or "Other Pacific Islander," or wrote in entries such as Tahitian, Mariana Islander, or Chuukese. "Some other race" was included in Census 2000 for respondents who were unable to identify with the five Office of Management and Budget race categories. Many Asians and Pacific Islanders have ancestry in a number of different cultures.

# Sustainer and Son Team Up for Boston Marathon

STORY AND PHOTO BY  
SGT. HEATHER WRIGHT  
287TH SUST. BDE.  
PUBLIC AFFAIRS

CONTINGENCY OPERATING BASE  
ADDER, Iraq – Sgt.  
First Class Chris Baker,  
287th Sustainment Brigade postal noncommissioned officer in charge, native of Quincy, Mass., placed fourth overall with a time of 3 hours, 24 minutes, 40 seconds in the Boston Athletic Association sanctioned "Boston Marathon in Iraq" here April 18.

On race day, Baker was excited and focused. He felt confident he could make the run in four hours.

"You think about anything but running while you're out there," Baker said with a chuckle. Halfway through the race, Baker's watch stopped working so he didn't know what his time was until he crossed the finish line.

"Getting in less than three hours and thirty minutes was huge. The joy, the pain, the exhaustion. Magnify that a million times. That's how you feel. I'm qualified. I'm not giving that up. I'm in," Baker said.

His son Matthew, a University of Vermont graduate, and a Quincy, Mass. resident as well, also ran the

Boston Marathon April 20.

As a Boston native, Baker always enjoyed the heraldry and fun of the Boston marathon, until his two sons asked if he could participate, 15 years ago.

"Dad, we want you to run the marathon," said Matt and Chris. That was all the inspiration he needed, so he trained and ran the 1993 Boston Marathon in 3:40:00.

While deployed to Iraq in 2009, Baker didn't plan on running a marathon until he saw a "Boston Marathon in Iraq" flyer in the Morale, Welfare and Recreation.

"That's for me," Baker said. "I'm in the right place." Later, he told Matt he will run in the marathon here.

Matt surprised his dad also that he was also planning to run the Boston Marathon too. "I finished school in December," Matt said, "so I didn't have much to do until I find a job. I wanted a personal challenge in life and wanted to represent my dad."

"It's a good feeling to have someone run for you," Baker said.

They both began their training on opposite sides of their world, by running for distances and not time.

"It doesn't matter which side of three to four hours you come in on," Baker said. "You're going to be out there for a long time, and you need to get your body used to it."

While training for the marathon,



Sgt. 1st Class Chris Baker, 287th Sustainment Brigade postal noncommissioned officer in charge, native of Quincy, Mass. runs to cross the finish line at the Boston Athletic Association-sanctioned "Boston Marathon in Iraq" at Contingency Operating Base Adder, Iraq, April 18. Baker placed fourth overall with a time of 3 hours, 24 minutes and 40 seconds.

Baker worked with the "Boston Marathon in Iraq" committee to ensure the event was a success. He recommended filling pot holes, grading the dirt roads and playing the national anthem at the start of the event.

On April 20, Baker watched his son's opening online, when Matt gave a television interview Matt before the race. WBZ-TV, a CBS affiliate in Boston, coordinated with Baker to deliver

his surprise message to Matt during the interview, "I love you. I am so proud of you. Enjoy the day and race your race. The training was the hard part. The race is the enjoyable part. I'll see in Hopkinton for the 114th."

Matt completed the race in 4:20:13. He will be joining his dad for the Boston Marathon in April 2010.

## Official explains Proposed Post-9/11 GI Bill

BY DONNA MILES  
AMERICAN FORCES PRESS SERVICE

WASHINGTON (April 29, 2009) – With the Department of Veterans Affairs ready to begin accepting sign-ups for the Post-9/11 GI Bill May 1, the Defense Department is working to get word out on its proposed policy regarding the bill's transferability provisions to help servicemembers decide if the new benefit is right for them.

Bob Clark, the Pentagon's assistant director for accessions policy, called the Post-9/11 GI Bill that takes effect Aug. 1 an important new benefit. In addition to providing broader educational benefits, it includes a provision that enables enrollees to transfer their benefits to immediate family members.

This long-sought-after provision is expected to be a boom for the military, Clark said, attracting and retaining the skilled force it needs.

"The Post-9/11 GI Bill is going to be an extremely good benefit to attract bright, young Americans to serve in the military," he said.

"The transferability is going to be a tool that will allow us to retain members who have earned that great benefit and share it with their family members and continue to serve," Clark said. "This gives them the opportunity

to share those benefits that they have earned with those they love."

The rules for Post-9/11 GI Bill transferability are in the final stages, and Clark said the Defense Department expects few changes, if any.

In a nutshell, any enlisted or commissioned member of the armed forces serving on active duty or in the Selected Reserve on or after Aug. 1 will be eligible to transfer their benefits – as long as they qualify for the Post-9/11 GI Bill in the first place and meet specific service requirements, Clark explained.

He emphasized that, by law, anyone who has retired or separated from the service before that date – even if it's July 31 – won't be entitled to transfer their benefits. Also excluded will be members of the Individual Ready Reserve and Fleet Reserve.

Most servicemembers who have at least six years of military service as of Aug. 1 and agree to serve an additional four years qualify, he said. But the Defense Department has proposed measures to cover several categories of servicemembers whose circumstances don't fit neatly into this formula.

For example, those with at least 10 years of service – but who can't serve an additional four years because of a service or Defense Department policy – also would qualify, Clark said. They

must, however, serve the maximum time allowed before separating from the military, he said.

"What we did not want to do was to penalize those people who had a service policy or statute that would not permit them to commit for the full four years," Clark explained.

Another Pentagon proposal would cover servicemembers who will reach the 20-year service mark, making them retirement-eligible, between Aug. 1, 2009, and Aug. 1, 2013.

Clark explained the breakdown, which basically enables those affected to transfer benefits as long as they complete 20 years of service:

-- Those eligible for retirement on Aug. 1, 2009, would be eligible to transfer their benefits with no additional service requirement.

-- Those with an approved retirement date after Aug. 1, 2009, and before July 1, 2010, would qualify with no additional service.

-- Those eligible for retirement after Aug. 1, 2009, but before Aug. 1, 2010, would qualify with one additional year of service after approval to transfer their Post-9/11 GI Bill benefits.

-- Those eligible for retirement between Aug. 1, 2010, and July 31, 2011, would qualify with two additional years of service after approval to transfer.

-- Those eligible to retire between Aug. 1, 2011, and July 31, 2012, would qualify with three additional years of service after approval to transfer.

The servicemember's 36 months of benefits – the equivalent of four nine-month academic years – could be transferred to a spouse, one or more children or any combination, Clark said. The family member must be enrolled in the Defense Eligibility Enrollment Reporting System to receive the benefits.

Servicemembers also have the option to use some benefits themselves and transfer what they haven't used to one or more family members.

Even after transferring the benefits, they remain the "property" of the servicemember who earned them, who can revoke them or redesignate who receives them at any time.

*More details about the Post-9/11 GI Bill are posted on the Defense Department and Department of Veterans Affairs Web sites, and the Pentagon's proposed transferability policy is on the Defense Department site.*

*Related Post-9/11 GI Bill websites:*  
<http://www.gibill.va.gov/>  
[http://www.defenselink.mil/home/features/2009/0409\\_gibill/](http://www.defenselink.mil/home/features/2009/0409_gibill/)

# Health Officials Discourage Aspirin Use by Troops in Combat Zones

BY GERRY J. GILMORE  
AMERICAN FORCES PRESS SERVICE

WASHINGTON (April 30) - The Defense Department is directing service members and government civilians deployed in overseas war zones to refrain from taking aspirin unless under a doctor's orders, a senior military physician said here today.

"Aspirin use for reasons other than medical indications is discouraged," said Army Col. (Dr.) Tony Carter, director for operational medicine and medical force readiness under the deputy assistant secretary of defense for force health protection, a component of the Office of the Assistant Secretary of Defense for Health Affairs.

Military medical authorities also advise that troops slated for deployment to combat zones should cease taking

aspirin at least 10 days before departure, Carter told Pentagon Channel and American Forces Press Service reporters.

Aspirin is "a platelet-inhibitor," Carter explained. Platelets are small cells floating in the blood that induce hemostasis -- the process that causes bleeding to stop through the forming of blood clots. Low amounts of blood platelets can lead to excessive bleeding.

"Those platelets serve an important role in stopping bleeding once it occurs," Carter said.

Then-Assistant Secretary of Defense for Health Affairs Dr. S. Ward Casscells III signed a March 12 memorandum that noted aspirin use by troops deployed in contingency areas could contribute to excessive bleeding in the event of wounding or injury.

Blood loss is the most common cause

of preventable death associated with combat injuries, the memorandum said.

Carter recalled Casscells asking his staff if the military was discouraging aspirin use by people deploying to combat zones where they stood risk of injury. The answer at the time was no, Carter said.

The subsequent memorandum, Carter said, also directed the cessation of "over-the-counter access" to aspirin through Army and Air Force Exchange Service outlets or morale, welfare and recreation activities in war zones. AAFES has jurisdiction over Army post exchanges and Air Force base exchanges.

AAFES is complying with the Health Affairs-issued memorandum, noting in a news release that its "operations in contingency locations are removing all

products containing aspirin from their shelves."

The intent of the new policy, Carter said, is to "discourage the inadvertent use of aspirin" in combat zones. People who routinely take small doses of aspirin per doctor's orders to maintain vascular health should be all right, he said, but they should consult their physician.

Service members and civilians could substitute over-the-counter, non-aspirin-based medications -- such as Tylenol or Motrin -- for treatment of colds, fever, muscle aches and other maladies, Carter said.

"I think we should take every measure possible to make sure that we minimize blood loss," Carter said. "And, not taking aspirin, unless you need to take it, is one of those mechanisms that we want to use."



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

Spc. Jeramy Hammond, mechanic, Headquarters and Headquarters Company, 16th Special Troops Battalion, 16th Sustainment Brigade, rethreads a stud for a forklift engine at the company's motor pool tool shop at Contingency Operating Base Q-West, Iraq, April 13.



U.S. Army photo by 1st Lt. Lacy Britoese

1st Lt. Cella Nowicki, a native of West Chester, Ohio, and commander, 503rd Maintenance Company, visits her unit Soldiers during a flag football game between the 503rd Maint. Co. and the 590th Quartermaster Co. at Camp Taji, Iraq. Nowicki encourages the troops to stay fit and release stress through team sports and says, "My Soldiers deserve the opportunity to play hard after they've worked hard throughout the deployment."



U.S. Army Photo by Maj. Paul Hayes

Brig. Gen. Michael J. Lally recognizes Soldiers from Dublin California's Bravo Company, 1st Battalion, 184th Infantry Regiment, 30th Combat Sustainment Support Battalion during trip to Contingency Operating Base Q-West, Iraq April 27.

On the Web



## 16<sup>TH</sup> SUSTAINMENT BRIGADE



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

# In the fight for 6 more years

STORY AND PHOTOS BY  
SPC. BRIAN SAMUELS  
UPAR, 590TH QM Co.,  
10TH SUST. BDE.

CAMP LIBERTY, Iraq -- Two 398th Combat Sustainment Support Battalion Soldiers, Staff Sgt. Heather Swift, a native of Middletown, N.Y., and Pfc. Martina Smith, a native of Dudley, N.C., re-enlisted in March.

These Soldiers both re-enlisted for six more years here as shower, laundry, and clothing repair specialist (SLCR).

Swift, a platoon sergeant with the 140th Quartermaster Company, 398th CSSB, 10th Sustainment Brigade, is responsible for two SLCR sites that



Pfc. Martina Smith, a native of Dudley, N.C., and from the 590th Quartermaster Company, 398th Combat Sustainment Support Battalion, is congratulated by Elkhart, Ind. native, Capt. Amy Saal. Smith is a SLCR specialist with the 590th QM Co., and is responsible for providing laundry and shower support to combat Soldiers in the battlefield.

provide laundry and shower support

to combat Soldiers within the Multi-National Division - Baghdad, and Multi-National Division - South area of operations.

Smith, also a SLCR specialist, 590th QM Co., is also responsible for providing laundry and shower facility support to Soldiers in combat by operating the laundry advanced system; her job allows Soldiers to have clean uniforms. "Her (Smith) support is greatly appreciated" says Sgt. 1st Class Terrance Porter, a native of Las Vegas, Nev., and platoon sergeant with the 590th QM Co.

The 398th CSSB mission is accomplished by having NCOs and Soldiers like Swift and Smith. Their dedication to duty is an example of providing SLCR support to troops on the battlefield.



Staff Sgt. Heather Swift, a native of Middletown, N.Y., and platoon sergeant, 140th Quartermaster Company, 398th Combat Sustainment Support Battalion, 10th Sustainment Brigade, receives a certificate of re-enlistment. Capt. Amy Saal, a native Elkhart, Ind., and commander of the 590th QM Co., 398th CSSB, 10th Sust. Bde., congratulates Swift of her re-enlistment.

## Maintenance & 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>

**RAID System Generators...**

**ONE IS NOT ENOUGH!**

Dear Half-Mast,  
We have two 5-kW generators as part of our rapid aerostat initial deployment (RAID) system. Each generator is supposed to run 12-hours on and 12-hours off. Unfortunately, one of our generators is down for maintenance and we're running one generator all the time! I think this defeats the purpose of the RAID system. What do you think?  
SGT D. L. A.

I HAVEN'T SPOTTED AN ENEMY.

I HAVE... IT'S OUR SUPPORT TEAM!

THEY'RE USING ONLY ONE GENERATOR!

I'M BEING WORSHIPED TO DEATH!

ALL I NEED IS A PART TO DO MY PART!

Dear Sergeant D. L. A.,  
You are right! Both generators must be mission capable at all times. Hear me all troops using the RAID system! Your system may have two 5-kW generators or two 15-kW generators. Both must be in working condition. If one is not, immediately contact your field service representative (FSR) for the RAID system. If you need help finding that representative, call DSN 318-847-2423 or email:  
**RAID\_helpdesk@mad-b.army.mil**  
The grapevine has been singing to me that too many of you are sticking the inoperative generator in a corner and forgetting about it. Then, you're running one generator 24/7. Stop doing that!  
Also, start doing preventive maintenance. Here are the technical manuals for the 5-kW generators: TM 9-6115-641-10; TM 9-6115-641-24; TM 9-2815-252-24; and LO 9-6115-641-12. And for the 15-kW generators: TM 9-6115-643-10; TM 9-6115-643-24; TM 9-2815-254-24; and LO 9-6115-643-12. These manuals will get you on track for doing regular lube; inspecting the oil, fuel, and battery electrolyte levels; checking all the filters and cables; and knowing when to, and how to, purge the fuel-water separator.  
One final word on generator maintenance: be alert to wetstacking! Wetstacking happens when unburned fuel passes directly into the exhaust system. The cause of wetstacking is running your generator at too low of a load for too long of a time.  
If you notice a wetstacking problem, load your generator up to at least 80 percent of its capacity. You can do this by operating your air-conditioning unit or heater. Run the generator for at least an hour or until the engine starts running smoother and the exhaust port is no longer wet.  
Half-Mast

On the Web

10th Sustainment Brigade

Task Force Muleskinner

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

# 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 CEN-**

**TER**  
 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 RECRE-**  
**ATION 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.

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

Last weeks answers

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



## UPCOMING SPORTS ON AFN

Wednesday 5/6/09

2009 NBA Playoffs - ROUND TBD, 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  
 Boston Red Sox @ New York Yankees, Tape Delayed 10 a.m. AFN/sports

Thursday 5/7/09

2009 NBA Playoffs - ROUND TBD, 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  
 THE PLAYERS Championship - First Round (TPC Sawgrass, Ponte Vedra Beach, FL), Live 8 p.m. AFN/sports

Friday 5/8/09

2009 Stanley Cup Playoffs - Round TBD, Game TBD: Teams TBD, Live 2 a.m. AFN/xtra  
 2009 NBA Playoffs - Round TBD, Game TBD: Teams TBD, Live 3 a.m. AFN/sports  
 THE PLAYERS Championship - Second Round (TPC Sawgrass, Ponte Vedra Beach, FL), Live 8 p.m. AFN/sports

Saturday 5/9/09

2009 Stanley Cup Playoffs - Round TBD, Game TBD: Teams TBD, Live 2 a.m. AFN/xtra  
 2009 NBA Playoffs - Round TBD, Game TBD: Teams TBD, Live 3 a.m. AFN/sports  
 Florida Marlins @ Colorado Rockies, Live 4 a.m. AFN/prime pacific  
 Atlanta Braves @ Philadelphia Phillies, Tape Delayed 10 p.m. AFN/sports  
 NASCAR Nationwide Series: Diamond Hill Plywood 200 (Darlington Raceway, Darlington, SC), Tape Delayed 8 p.m. AFN/xtra

Sunday 5/10/09

NASCAR Sprint Cup Series: Southern 500 (Darlington Raceway, Darlington, SC), Live 2 a.m. AFN/xtra  
 2009 NBA Playoffs - Round TBD, Game TBD: Teams TBD, Live 3:15 a.m. AFN/sports  
 Kansas City Wizards @ Columbus Crew, Live 10 a.m. AFN/xtra  
 HBO World Championship Boxing: Chad Dawson vs Antonio Tarver, Tape Delayed 2 p.m. AFN/sports  
 FC Dallas @ Houston Dynamo, Tape Delayed 5:30 p.m. AFN/xtra  
 Sunday MLB on TBS: Atlanta Braves @ St. Louis Blues @ Cincinnati Reds, Live 8:00 p.m. AFN/prime atlantic

Monday 5/11/09

2009 Stanley Cup Playoffs - Round TBD, Game TBD: Teams TBD, Live 2 a.m. AFN/xtra  
 Sunday Night Baseball: Tampa Bay Rays @ Boston Red Sox, Live 3 a.m. AFN/prime atlantic

2009 NBA Playoffs - Round TBD, Game TBD: Teams TBD, Live 3:30 a.m. AFN/sports  
 THE PLAYERS Championship: Final Round (TPC Sawgrass, Ponte Vedra Beach, FL), Tape Delayed 9 a.m. AFN/sports  
 NASCAR Rolex Series: Bosch Engineering 250, Tape Delayed 5 p.m. AFN/xtra

Tuesday 5/12/09

Atlanta Braves @ New York Mets, Live 2 a.m. AFN/xtra  
 Washington Nationals @ San Francisco Giants, Live 5 a.m. AFN/xtra  
 2009 NBA Playoffs - ROUND TBD, Game TBD: Teams TBD, Live 4:30 a.m. AFN/sports



## Test your knowledge

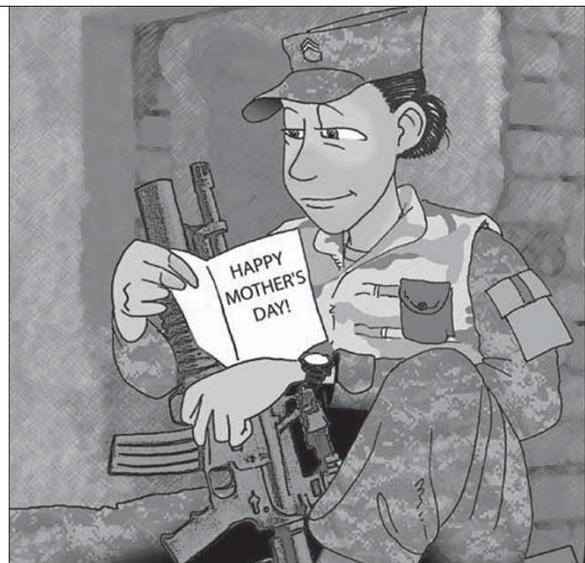
1. Having sold more than 201 million units, What is the best-selling video game series of all time?
2. In 1890, where did U.S. forces massacre more than 200 unarmed Sioux Indians?
3. What actress played Alice in the movie, *Closer* and speaks five languages?
4. In his 33 years of coaching, how many losing seasons did Don Shula have?
5. Which U.S. Military service does not have warrant officers?

1. The Mario Series
2. Wounded Knee (South Dakota)
3. Natalie Portman
4. Two
5. Air Force

## Iraq according to Opet



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Program	Course Number	Course Title	Start Date	End Date	Days	Times
Administrative Technology	ASIST 1405 *(19462)	Introduction to Administrative Technology 141208 Class	29 May	16 July	Mon, Tue, Wed, Fri	0800-1200
Management/ Military Services	MTMS 1175 *(19508)	Module 9: Psychology of Personnel Selection 112008 Section 9 (in process)	May 18	May 18	Mon-Thu 18:00-19:00	1800-1900
Management/ Military Services	MTMS 1171 *(19759)	Module 8: Culture 112008 Section 8	May 18	24 May	Tue, Wed 18:00-19:00	1800-1900
Criminal Justice	CSA 1325 *(19478)	Fundamentals of Criminal Law 132008 Class	May 04	June 05	Mon, Wed, Fri	1:00-2:00
Criminal Justice	CSA 1315 *(19387)	Court Systems and Practices	May 12	June 15	Tue, Thu, Sat	0800-1200

For more information contact Dustin Colson at [Balad@centraltxcollege.edu](mailto:Balad@centraltxcollege.edu) or DSN: 433-2595.



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**University of Maryland University College Europe**

**\*2009 May Seminar Schedule\***

\*These are all one credit seminars\*

Seminar	Seminar Description	Days	Times	Start Date	End Date	Go Army Ed #
SOCY308E	Family Violence	Sun	0900-1700	3-May-2009	10-May-2009	84346
SOPT308C	Terminology: Understanding the Global Threat	Sat	0900-1700	2-May-2009	9-May-2009	84343
LIBS150	Info Literacy & Research Methods	Sun	0900-1700	17-May-2009	24-May-2009	83033
ENGL380D	Hemingway: Shorter Works	M/W/F	1800-2030	18-May-2009	25-May-2009	83028
ENGL380H	Symbols in Fairy Tales	Tue/Thu/Sa	1800-2030	19-May-2009	30-May-2009	83029
BIOL380D	Role of Nutrition & Muscle Development in Cancer and Heart Disease	Sat	0900-1700	23-May-2009	30-May-2009	82704

For more information contact UMUC at 440-7412-7483-2857 or [ansced@umuc.edu](mailto:ansced@umuc.edu) [www.ed.umuc.edu](http://www.ed.umuc.edu)

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**Movie Times**

**Wednesday, May 6**

- 5 p.m. Coraline
- 8 p.m. Obsessed

**Thursday, May 7**

- 5 p.m. Miss March
- 8 p.m. The Last House On The Left

**Friday, May 8**

- 2 p.m. Race To Witch Mountain
- 5 p.m. X-Men Origin: Wolverine
- 8:30 p.m. X-Men Origin: Wolverine

**Saturday, May 9**

- 2 p.m. I Love You Man

- 5 p.m. X-Men Origin: Wolverine
- 8 p.m. Race To Witch Mountain

**Sunday, May 10**

- 2 p.m. X-Men Origin: Wolverine
- 5 p.m. Race To Witch Mountain
- 8 p.m. I Love You Man

**Monday, May 11**

- 5 p.m. I Love You Man
- 8 p.m. Race To Witch Mountain

**Tuesday, May 12**

- 5 p.m. X-Men Origin: Wolverine
- 8 p.m. Madea Goes To Jail

(Schedule is Subject to Change)

**Race To Witch Mountain**



Walt Disney Pictures resurrects one of their time-honored franchises with Race to Witch Mountain, a family-oriented sci-fi adventure that tells the story of two alien visitors (AnnaSophia Robb and Alexander Ludwig) whose search for their spacecraft gets them caught up in an adventure with a cab driver (Dwayne "The Rock" Johnson) and a UFO specialist (Carla Gugino). As the group races toward the mysterious mountain in the Nevada desert that

has mystified scientists and paranormal researchers for years, the government, gangsters, and an extraterrestrial bounty hunter attempt to prevent them from reaching their intended destination. Should the two planetary travelers fail in recovering their ship, an alien invasion will be launched against the entire planet. The original 1975 picture Escape to Witch Mountain was followed by the sequel Return From Witch Mountain, as well as a 1995 made-for-TV remake.



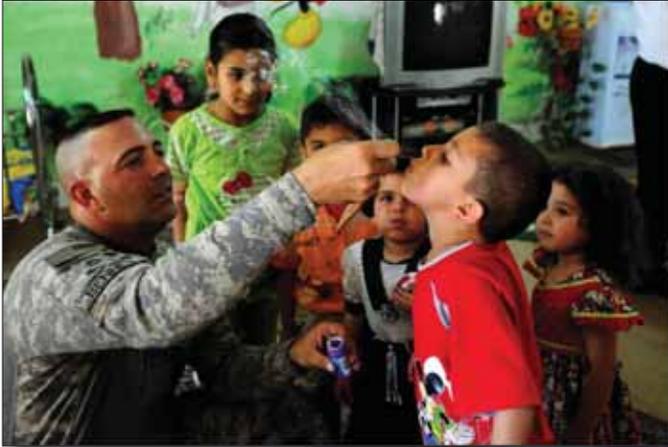
**X-Men Origin: Wolverine**



Leading up to the events of X-Men, X-Men Origins: Wolverine tells the story of Wolverine's epically violent and romantic past, his complex relationship with Victor Creed, and the ominous Weapon X program. Along the way, Wolverine encounters many mutants, both familiar and new, including surprise appearances by several legends of the X-Men universe.



# PHOTOS AROUND IRAQ



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

U.S. Army Master Sgt. Mike Bennet, member of the 8th Military Police Brigade, a native of Charleston, Mass., helps an Iraqi boy blow bubbles at the Al Alahbab school in Jaaffer, Iraq, on April 21.



U.S. Navy Photo by Mass Communication Specialist 2nd Class Kim Smith

Students from the Emergency Response Unit class gather around for their debrief after performing their practical exam at the Iraqi Police Academy in Al Hillah, Iraq, on April 22.



U.S. Army photo by Sgt. Jacob H. Smith

A U.S. Soldier from Charlie Troop, 2nd Squadron, 104th Cavalry Regiment, 56th Stryker Brigade Combat Team, 28th Infantry Division, Pennsylvania National Guard, Multi-National Division-Baghdad, takes a moment to use an Iraqi child's tape measure to see how tall he is during a joint cordon and knock mission with Iraqi Security Forces in the village of Abu Atham, Iraq, on April 18.



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

U.S. Army Spc. John Dufrene attached to the 2nd Brigade, 1st Infantry Division, reads from an English book to Iraqi school children outside the Eserah school in Nassir Wa Salam, Iraq, April 19. The 2nd Brigade, 1st Infantry Division, makes certain repairs and structural improvements are being made to schools throughout the Nassir Wa Salam province of Iraq.

# NEWS AROUND IRAQ

## Location Command Receives Unit Self Fielding Equipment

**AL SHAIBAH, Iraq** - The Iraqi Army Al Shaibah Location Command recently received a substantial shipment of tools and equipment from the Taji National Depot. The cargo is part of the items required in a Unit Self Fielding program.

The USF program is designed to provide new Iraqi army units with the tools and equipment needed to accomplish their mission to sustain the Iraqi Security Forces.

The LC was formed with 13 soldiers in July 2008. Since then there has been a steady flow of soldiers into the unit. The LC is located several miles southeast of Al Basrah, and the organization provides third line logistical support to the Iraqi Army 14th Division and the Basrah Operations Center.

The Iraqi Army General Transportation Regiment made its first delivery of USF equipment to the Location Command at Camp Shaibah. The Iraqi LC commander thanked the GTR Convoy commander for delivering the equipment safely, which required a 1,000 km round trip. The USF equipment arrived on time and intact and ready for immediate implementation.

The new equipment will allow the LC to begin facility and vehicle maintenance programs, which will increase the supply and maintenance capability of the IA in southern Iraq. In particular, the tools issued as part of this fielding unit are critical to the readiness rates of the 14th Division. The LMAT Maintenance Advisor, U.S. Army Sgt. 1st Class, Jason Killoran said, "These tools could be considered a combat multiplier because the high quality of maintenance will enable the LC mechanics to repair vehicles faster, safer, and to technical manual standards."

A LC is a supply and maintenance organization designed to support military forces. The Shaibah LC has new facilities under construction to provide all third line logistical support to the IA in southern Iraq. With this new equipment the Iraqi Army Al Shaibah Location Command is on its way to becoming a logistics hub for all of Southern Iraq. The is capable further the sustainability of the IA and supports the Security Agreement between the United States and the Government of Iraq.

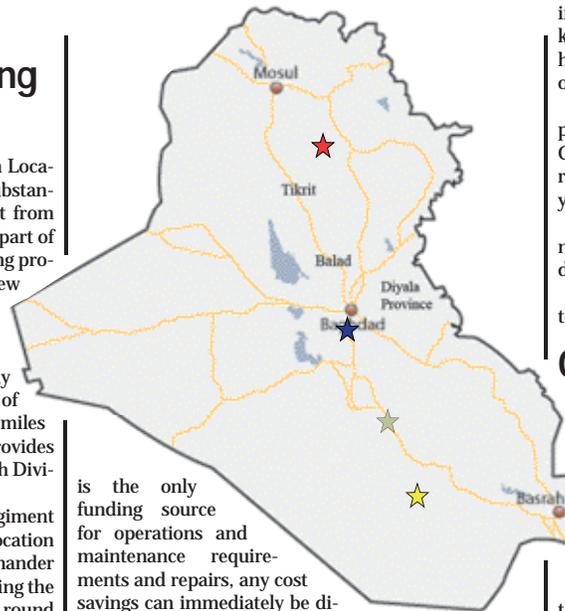
## An Numaniyah Water Conservation Efforts

**AN NUMANIYAH, Iraq** - The Logistics Military Advisor Team at An Numaniyah Military Training Base continues to advise and enable Location Command.

Iraqi Army Col. Haider Sahib Abed Ali, the ANMTB Public Works Officer, has been working closely together with Coalition personnel on various water conservation and utility repair projects.

Water conservation initiatives came about after joint infrastructure inspections by LC and LMAT engineers led to the discovery of several major leaks in the water distribution system. On April 4, repairs were completed on several damaged water mains and valves; in addition, the Engineering section has also begun installing float valves in all external water tanks to prevent overflow once tanks are full. The float valve installation began on April 9 and is an ongoing effort by ANMTB.

Financial benefits to these repairs will soon be realized, as water purification costs are expected to drop 30 percent - 40 percent due to the reduction in water production. Being that the Life Support Self-Reliance program



is the only funding source for operations and maintenance requirements and repairs, any cost savings can immediately be directed to other priorities.

When asked how these critical repairs affect the future operations of the base Haider stated, "The repairs benefit ANMTB's ability to supply more water to meet the increasing demand. There are two Location Command Build projects currently under construction on ANMTB and the water demand will increase even more over the next year and a half.

ANMTB's base facilities team will apply newly-learned techniques and skills to continue to identify and repair all remaining leaks on base, as they continue their efforts to bring ANMTB to fully operational readiness. LMAT's crucial assistance to 'advise and enable' the LC on facilities management represents a vital step toward ensuring Iraq's self-sufficiency during the critical transition from coalition to Iraqi-led operations.

## Gov't leaders reach out to Kirkuk's children

**FORWARD OPERATING BASE WARRIOR, Kirkuk, Iraq**— April 20 marked the start of a four day exhibition at the Kirkuk Government Building, Kirkuk city, where photographs and information gathered from the youth of Kirkuk province were publicly displayed. More than 1,200 teenagers provided information for the display by filling out questionnaires, which asked about their dreams, hopes and plans for the future. Participants were also given cameras to visually record their daily activities so that government officials could understand what interests the city's youths.

Government leaders in Iraq have also begun to reach out to school-age children of the province in the form of book drops.

The Iraqi Ministry of Education, with help from the U.S. State Department, delivered more than 250,000 books to Kirkuk province April 16. Upon arriving in the province, the books were distributed to over 900 schools by Coalition forces and Iraqi Security Forces in Kirkuk.

"The best way to keep children from becoming terrorists is by educating them," said Fawzia Abdullah Awanis, Kirkuk's deputy director general of education.

According to Maj. Gen. Abdul Ameer, the commander of the 12th Iraqi Army Division in Kirkuk province, the use of children to carry out attacks "is the method of someone losing the war...Their infrastructure is be-

ing destroyed and their leaders are being arrested and killed. They are sending a message that, 'we are still here, but we have to rely on every method to carry out our terrorist operations.'"

According to U.S. officials, overall violence in Kirkuk province is declining despite a recent spike in attacks. Government organizations are now able to devote more resources to programs aimed at helping the Kirkuk youth population.

There are more opportunities for youth in this region now, said Muhammed Muhsin, the mayor of Zaab, a district of Kirkuk.

"These opportunities for these youths will continue to grow in the future," said Muhsin.

## GoI continues discussions on SoI payment

**FORWARD OPERATING BASE WARRIOR, Kirkuk, Iraq**— Leaders from Multi-National Corps-Iraq met with leaders from the 12th Iraqi Army Division and Iraq's Implementation and Follow-Up Committee for National Reconciliation at K-1 Military Base, April 18 to discuss payment of the Sons of Iraq by the Government of Iraq, along with other issues concerning SoI leaders.

The 12th Iraqi Army Division is the division responsible for the SoI in the Kirkuk province. SoI contractors and U.S. military leaders also attended the meeting.

"We are here to address the pay problems and all of the preparations that go into getting the SoI their checks," said Maj. Gen. Abd al-Amir al-Zaydi commanding general, 12th IA Div.

Until March 1, 2009, SoI members had been receiving their monthly paychecks from the U.S. military, enabled by the 12th IA Div. However, beginning in April, the 12th IA Div. solely assumed that responsibility.

"The GoI is obliged to pay the SoI," said Maj. Gen. (ret.) Muzhir al-Mawla Abud al-Rashidi, the SoI transition lead for the IFCNR. "We will do what the Americans did before us."

"Iraqi units will be fully supervising the SoI and will be responsible for keeping track of them," said Muzhir.

Although the most pressing issue at the meeting was the payment, the discussion of an eventual transition of 20 percent of current SoI members into Iraqi Security Forces, and the other 80 percent receiving career assistance from Iraq in the way of jobs or job training, was also discussed.

"The Iraqi government will find jobs for these SoI," explained Muzhir. "The Prime Minister is obliged to work hard finding SoI jobs."

Representatives from the U.S. military also discussed how they hope to assist in the eventual move of the SoI into other jobs.

"Our desire would be to encourage them to get these job programs started," said Maj. Gen. John Johnson, deputy commanding general of operations, Multi-National Corps- Iraq. "The key for us is helping them any way we can so we can achieve the ultimate goal, which is finding these guys employment."

The Shaykhs who speak for the SoI members also expressed concerns regarding the distribution of ammunition and water in the coming months, and both issues were addressed by IA leaders who explained they will support the SoI.

"Call us and tell us any problems you have and we will help you," said Muzhir. Plans for the future of the SoI are in motion and the current problems they face are being addressed on both local and national levels. Meetings like this help leaders get precious face time to discuss issues and plan for the next chapter of the SoI.

# Sustaining the Line



U.S. Army photo by Sgt. 1st Class Kirsten E. Froelich

More than 30 Soldiers and civilians ran and biked for the Spring Biathlon at Contingency Operating Base Q-West, Iraq March 29. The event consisted of an 11K cycling portion followed by a 5K run. Inclement weather, including high winds and dust, kept some away, but those who participated considered the event a success.



U.S. Army photo by Capt. David Raines

Sgt. 1st Class Kirsten Froelich, a native of Snohomish, Wash., promotes a fellow Soldier and Family member, Sgt. Beau Froelich, a native of Lake Stevens, Wash. and nephew, to the rank of staff sergeant at Contingency Operating Base Q-West, Iraq, April 7. Both Soldiers are assigned to 81st Brigade Special Troops Battalion, Washington Army National Guard, and based out of Everett, Wash.



U.S. Army photo by 1st Lt. Dusty Sargent

Spc. Rosemary Hanford, a native of Fort Worth, Texas, administers a shot to a fellow Soldier at the Easy Red Medical Clinic, Camp Taji, Iraq. The Bravo Company, 949th Brigade Support Battalion, 10th Sustainment Brigade Troops Battalion, 10th Sustainment Brigade medic helps administer immunizations every Tuesday and Thursday as a preventative measure to all U.S. military service members while also updating their MEDPROS.



U.S. Army photo by Spc. Kiyoshi Freeman

U.S. Navy Petty Officer 2nd Class Jennifer Perry, receives an Army Commendation from Brig. Gen. Michael J. Lally, 3<sup>d</sup> Sustainment Command (Expeditionary) commanding general, at Joint Base Balad, Iraq April 30. Perry completed her deployment and received the award for supporting the Headquarters, 3<sup>d</sup> ESC Electronic Warfare section and the 3d ESC mission.