

EXPEDITIONARY TIMES

Proudly serving the finest expeditionary Servicemembers throughout Iraq

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

Vol. 2 Issue 43

Retrograde



Normandy cleans up

Page 9

Look out below



37th Eng. Bn. performs St. Michael's Jump

Page 12-13

Family ties



Fathers, sons deploy together

Page 15

Combatives level two classes at JBB

STORY AND PHOTO BY
SPC. JOHN STIMAC
EXPEDITIONARY TIMES STAFF

JOINT BASE BALAD, Iraq – Service members on Joint Base Balad, Iraq, may soon be able to learn attack skills ranging from punching to placing opponents into submission.

Level two combatives classes, which are tentatively scheduled to begin in December at JBB at the East Gym, teach combatants intermediate attacking and defensive techniques, said Spc. Nigel Davis, noncommissioned officer in charge of the combatives program, with the 80th Ordnance Battalion.

Davis, a Brooklyn, N.Y., native, said the goal of the training in level one and two combatives is not to learn to fight, but teach service members to protect themselves and their battle buddies.

“This is not a school where we train fighters,” said Davis.

Level one combatives classes have been at JBB for roughly a year – the November schedule for the Army combatives level one training certification classes was released Oct. 21 and will consist of three, one



Air Force Senior Airman Catherine West, with the 532nd Expeditionary Security Forces Squadron and a Lumberton, N.C., native, explains each step of her takedown techniques to the instructor during the level one combatives class. This procedure is mandatory to pass the class

week classes that start Nov. 9.

Level two classes build on the skills learned in level one, teaching more intermediate defense and attack positions, said Davis.

“Level two gives more options on how to get out of situations and how to remain calm when put in stressful situations under close combat,” he said.

Davis said level two also teaches officiating in a mixed martial arts match.

“Anyone who is level two

certified can also be a puncher in the level one combatives class, and is allowed to be an assistant instructor,” he said.

Level one is a 40-hour course, completed in a five-day period and the level two course is 80 hours, or two weeks, said Davis.

“We also understand that some personnel are not able to train the full five days, so some people can do half days,” he said. “If possible we try to accommodate the participants around their schedules and try

to be as flexible as possible.”

Davis said the training consists of a basic format of ground-fighting techniques and stand-up fighting.

“We’ve also changed the outlook on mentally training the Soldiers as well,” he said. “The students watch videos of live professional bouts and see how level one techniques are being used and standardized in their matches.”

Standardized physical training does not properly prepare

SEE CLASS ON PAGE 4

Mississippi Guardsmen ramp up excess equipment turn in at Q-West

STORY AND PHOTO BY
CAPT. MURRAY SHUGARS
2/198TH CAB

CONTINGENCY OPERATING LOCATION Q-WEST, Iraq – In preparation for the drawdown of U.S. forces and equipment from Iraq, the commander of a Mississippi Army National Guard battalion conducted an excess property inspection Oct. 11 at

Contingency Operating Location Q-West, Iraq.

Lt. Col. Kerry Goodman, the commander of 2nd Battalion, 198th Combined Arms out of Senatobia, Miss., inspected four company areas, including motor pools and maintenance shops, scattered across the base.

“We have to get all non-mission-essential equipment off our property books to support a responsible drawdown of personnel and equipment in

Iraq,” said Goodman, a native of Meridian, Miss. “We’re turning in over seven years’ worth of accumulated equipment and vehicles, which the Army can redistribute where it’s needed most, such as in Afghanistan.”

The excess turn in is an added duty for a busy battalion. The 2/198th CAB provides Q-West with a force protection company that runs the main entry control point, fields a quick reaction force and secures off-post missions, said Goodman.

The battalion also staffs the base defense operations center and the mayor cell that oversees basic life-support needs. Additionally, the Mississippians provide three convoy security companies, said Goodman.

These convoy security companies will become much busier as the transportation of equipment and supplies increases during the drawdown, so it is important for the Mississippians to turn in their own

SEE EXCESS ON PAGE 4

Balad Blotter

September 30 - October 6

SEIZED PROPERTY/CONTRABAND:

A complainant telephoned the law enforcement desk and reported a third country national with contraband that consisted of a black thumb drive. The complainant detained the subject and transported him to the law enforcement desk. The subject was later released to his supervisor.

SEIZED PROPERTY/CONTRABAND:

A complainant notified Defender Control of a third country national with cell phone contraband at complainant's location. Patrols arrived on scene and made contact with the witness. The witness stated via statement of witness form she was searching a vehicle at her location when she discovered property in the driver's side door. The patrol seized property via Department of Defense form 4137. The patrol transported the subject to the law enforcement desk for questioning. HST arrived on scene and conducted a non custodial interview with subject. The subject said he found property while cleaning a warehouse. The subject said he made three calls to his father and then placed the cell phone in the vehicle where it was found by the witness. The subject refused to make a written statement.

PATROL RESPONSE/FOUND PROPERTY:

A complainant telephoned the law enforcement desk and reported finding property at location with no known owner in the area. A patrol was briefed and dispatched. The patrol arrived on the scene and made contact with the complainant who stated via a statement of complainant form that he was told that property was left behind at the individual drop-off point at his location. The complainant further said he immediately contacted the KBR inc. security who informed him to contact the provost marshal's office. The owner arrived on scene and claimed property.

NIPR: 443-8602

SIPR: 241-1171

Email: PMOdesk@iraq.centcom.mil

JBB platelets travel to Afghanistan

STORY AND PHOTO BY AIR FORCE
SENIOR AIRMAN ANDRIA J. ALLMOND
332ND AEW PUBLIC AFFAIRS

JOINT BASE BALAD, Iraq –In support of Operation Enduring Freedom, the Air Force Theater Hospital platelet apheresis lab at Joint Base Balad began dispatching blood platelets to Afghanistan Oct. 14.



The AFTH has functioned as the sole platelet provider in Iraq. Now, it is the first in-theater medical facility to send platelets collected in one operational area to another, said Lt. Col. Thomas Jordan, 332nd Expeditionary Medical Group apheresis chief.

"When I first arrived, I noticed there was a need (for platelets) in Afghanistan," said Jordan, who is deployed here from Carswell Air Force Base, Texas. "Sometimes we collect more platelets than we need to meet the demand in Iraq. Right now we're at 56 to 62 units a week. Since some of those units don't get applied – and inevitably must be destroyed if not used within their shelf life – we wanted to figure out a place we could utilize the excess."

Master Sgt. Philip Monk, platelet apheresis laboratory flight chief, said while injuries requiring platelet transfusions have decreased in Iraq, there is still a need for the condensed clotting agent in Afghanistan.

"Our sole purpose here is to provide platelets where they're needed," said Monk, the senior NCO, deployed from Andrews AFB, Md. "So, we targeted (Afghanistan), and we weren't gonna be stopped. We made sure we got them there."

Jordan and his team ran into a series of challenges getting the platelets to the OEF theater, he said.

"(Platelets) don't like to be above 73 degrees Fahrenheit or they die off," he said. "So we have to keep them at a certain temperature for the entire life of the platelet. This proved to be a difficulty during flight."

"We found a way to combat this by using a special cooler called a 'Golden-Hour Box.' It (maintains) the correct temperature throughout the flight, which is about four to six hours."

The blood products, which he describes as "pernickety," depend on special appliances to maintain them once they arrive at the Role 3 Multinational Hospital in Kandahar, Afghanistan. Initially, that equipment was not on hand there, he said.



Army Sgt. Jason Westlund, C Company, 7th Battalion, 158th Aviation flight medic with the Oregon National Guard, places a package of blood platelets into a UH-60 Black Hawk helicopter for transfer to another contingency operating location Oct. 19. The Air Force Theater Hospital collects the blood component for use in medical facilities throughout Iraq and Afghanistan.

"Right from the beginning, we noticed that even if we got the platelets there, the medical facility in Afghanistan wouldn't be able to sustain them because they didn't have an incubator," Jordan said. "I looked around here and found that we had an (extra) one. So, we figured out a way to get it to Kandahar. They validated the effectiveness of that instrument and then put it into use."

The process has been a joint effort between the Air Force, Army and Navy. While the platelets are collected by the Air Force, the Navy runs the Kandahar hospital and the Army handles the weekly shipments.

Army Sgt. Jason Westlund, a C Company, 7th Battalion, 158th Aviation flight medic who helps transport the boxes of blood products, was excited about the new mission.

"We're here to support Warfighters on the front lines," said the Oregon National Guardsman. "And the thought that we may be a part of the process that saves someone's life makes me feel very good about what we're doing here."

Staff Sgt. Michael Hebron, 332nd EMDG NCO in charge, shared similar sentiments.

"This is a proud moment for us here," he said. "We know for a fact that platelets save lives because we've seen it here in Iraq. So, to put it simply, they should have the same effect in Afghanistan, where they are seeing more combat-related injuries now. Every platelet is valuable. Every one of them can save a life."

EXPEDITIONARY TIMES

Expeditionary Times is authorized for publication by the 13th Sustainment Command (Expeditionary). The contents of the Expeditionary Times are unofficial and are not to be considered the official views of, or endorsed by, the U.S. Government, including the Department of Defense or Operation Iraqi Freedom. Expeditionary Times is a command information newspaper in accordance with Army Regulation 360-1 and reviewed by the ESC G2 for security purposes.

Expeditionary Times is published weekly by the Stars and Stripes central office, with a circulation of 3,000 papers.

The Public Affairs Office is located on New Jersey Ave. Building 7508, DSN 318-433-2154. Expeditionary Times, HHC 13th ESC, APO AE 09391. Web site at www.dvidshub.net

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

13th ESC G2, Security Manager
Lt. Col. Angelo Williams, 13th ESC
angelo.williams@iraq.centcom.mil

13th ESC PAO, Managing Editor
Maj. Raul Marquez, 13th ESC PAO
raul.marquez@iraq.centcom.mil

13th ESC PA NCOIC
Staff Sgt. Joel F. Gibson, 13th ESC
joel.f.gibson@iraq.centcom.mil

13th ESC Staff Writer
Spc. Naveed Ali Shah, 13th ESC
naveed.alishah@iraq.centcom.mil

139th MPAD Commander
Capt. Brad Sinkler
bradley.sinkler@iraq.centcom.mil

139th MPAD First Sergeant
1st Sgt. Aangi Mueller
aangi.mueller@iraq.centcom.mil

139th MPAD Production Editor
Staff Sgt. Robert E. Fafoglia
robert.fafoglia@iraq.centcom.mil

139th MPAD Layout and Design
Sgt. Jayson A. Hoffman
jayson.hoffman@iraq.centcom.mil

139th MPAD Photo Editor
Sgt. Keith VanKlombenberg
keith.vanklombenberg@iraq.centcom.mil

139th MPAD Copy Editor
Spc. Brandy Oxford
brandy.oxford@iraq.centcom.mil

139th MPAD Staff Writers
Sgt. Ryan Twist
ryan.twist@iraq.centcom.mil

Spc. John Stimac
john.stimac@iraq.centcom.mil

Spc. Lisa A. Cope
lisa.cope@iraq.centcom.mil

Spc. Michael V. Camacho
michael.camacho@iraq.centcom.mil

Contributing Public Affairs Offices

15th Sustainment Brigade
36th Sustainment Brigade
90th Sustainment Brigade
96th Sustainment Brigade
41st Infantry Brigade Combat Team
155th Heavy Brigade Combat Team
332nd Air Expeditionary Wing
194th Engineer Brigade

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

13th ESC Commanding General, Brig. Gen. Paul L. Wentz

Mission Statement: The Expeditionary Times staff publishes a weekly newspaper with the primary mission of providing command information to all service members, partners and Families of the 13th Sustainment Command (Expeditionary) team, with a secondary mission of providing a means for units at Joint Base Balad to disseminate command information to their audiences.

Mental health: Yes, there might be a test

BY CAPT. STEVE BRASINGTON
COMBAT STRESS CONTROL PSYCHIATRIST



Some Soldiers will stake mid-deployment leave during the holidays.

Celebrations are waiting. Parties are anticipated. On my walks around base, I hear Soldiers talking about having a good time when they go home for a couple of weeks. Anticipating good times to come is a healthy way to maintain morale.

However, when someone talks about holiday cheer, he or she might mean free-flowing alcoholic refreshment. It is not unusual for me to learn a Soldier is already planning to get drunk, before the Soldier arrives home.

He or she feels entitled to escape stress. The Soldier has earned the opportunity to forget about combat for a little while.

Planning to relax is one thing, getting totally wasted is another. If wasted or extremely intoxicated, the Soldier is temporarily defenseless and incapacitated.

In the process of getting trashed, the off-duty dismount may encounter drug use in the environment. Those brownies could very well have marijuana baked right in the recipe. That hookah pipe may have more than tobacco burning in it. The vapors of the crack pipe can be inhaled as secondary smoke with drug users exhaling right into your face.

You want go to the party to see your friends. Chances are, you will not know everyone at the gathering, nor will you be

given a guarantee the event is drug free.

The U.S. Department of Defense Health Related Behavior Survey covered 25 years of self-reports gathered from 1980 to 2005. The authors of this report concluded drug use by service members was a fraction of drug use by the civilian population.

However, cigarette smoking and heavy drinking by military respondents exceeded rates for the civilian population.

I contend that if the two populations mix together, both heavy drinking and drugs will be present.

This 25-year survey noted that the two drugs most commonly discovered by drug testing were marijuana and cocaine.

Commanders are beginning to test

Soldiers for drugs after they return from leave. Following leave, do not be surprised when you return to Iraq if you are asked to give a urine sample.

Your TRICARE Management Activity supports you and your family by promoting a drug free community. Specifically, Red Ribbon Week promotes drug free communities and alerts us to the dangers of unhealthy lifestyles.

The theme for Red Ribbon Week 2009 is "Drug free is the key." Red Ribbon Week is the nation's oldest and largest drug prevention program, reaching millions of Americans during the last week of October every year. The Defense of Department's 2009 Red Ribbon Week observation is set for Oct. 23 through Oct. 31. May you pass the test, Red Ribbon Week or on any day of the year.

The Weekly Standard

BY MASTER SGT. ROY THACKER JR.
13TH ESC ASSISTANT INSPECTOR GENERAL



By now, leaders are aware noncommissioned officer authority is derived from the commander's authority according to Army Regulation 600-20 Army Command Policy, paragraph 2-1b and that the commander may hold Soldiers and leaders accountable when that authority is abused or misused. The commander has a variety of tools to address violations of regulation, policy or procedure, the least of which may include counseling and/or associated corrective training.

AR 600-20 (para 2-18c (3)) states, "NCOs are assistants to commanders in administering minor nonpunitive corrective actions." The same paragraph states non-punitive measures, corrective actions, are not considered nonjudicial punishment. Corrective measures should assume the nature of training or instruction and should not be used as punishment.

When a leader is faced with a situation they believe warrants corrective training, and not every situation does, standard rule may include the following:

- The training, instruction or correction given to a Soldier to correct deficiencies must be directly related to the deficiency.

- It must be oriented to improving the Soldier's performance in his or her problem area.

- Corrective measures may be taken after normal duty hours but ensure the timing does not supersede a higher commander's policy for duty day.

- Corrective training should continue only until the training deficiency is overcome.

If a Soldier fails the Army physical fitness test push-up event, a reasonable number of repetitions of the push-up in a period of time may be warranted, but abdominal or cardiovascular exercises may not. Stripping and mopping the barracks or orderly room floors would not be an appropriate measure for a Soldier failing to appear for duty. Any act that demeans, i.e. hazing, or otherwise

takes on the appearance of punishment, i.e. extra-duty, restriction, is not corrective training.

Joint Base Balad: DSN 433-2125

Lt. Col. Reginald Howard
(Command Inspector General)
Maj. Scott Peters (Deputy)
Master Sgt. Roy Thacker (NCOIC)
Sgt. 1st Class Danilo Egudin
Sgt. 1st Class Javier Cruz

Q-West (15th SB):

DSN 827-6115
Lt. Col. Kyle Peterson

Taji (96th SB/ 155 BCT):

DSN 834-3079
Lt. Col. Timothy Norton/
Lt. Col. Paul Bird

Adder/Tallil (36th SB/ 41 BCT):

DSN 833-1710
Lt. Col. Melanie Meier/
Maj. Jeffrey Copek

Al Asad (96th SB):

DSN 440-7049
Sgt. 1st Class Tamera Wynn

Sexual Assault Response Coordinator

From the Joint Base Balad sexual assault response coordinator team: Protect yourself from acquaintance sexual assault; know your intentions and limitations and communicate them clearly. You have the right to say "no" to any unwanted sexual contact. If you say "no," say it like you mean it. Back up your words with your body language. Call the JBB SARC at 443-7272 or contact via pager 443-9001, 159 for help. Army members should seek assistance with their unit victim advocate or deployed-SARC; you may also call 443-7272 or 443-9001, 122/135 for assistance.

Interested in a movie?

Check the movie schedule on Page 20

Chaplain's corner: compliments appreciated

BY LT. COL. WILLIE AILSTOCK
13TH ESC DEPUTY COMMAND CHAPLAIN



I must make a confession. I have the tendency to be negative if I am not careful. Why is it so easy for us to find the bad in people, places and things rather than the good?

What I am most concerned about today is how we treat our fellow Soldiers, Airmen, Sailors and Marines – people in general.

I learned long ago in my counsel-

ing ministry that, for every negative word spoken, it takes up to 20 positive statements to overcome that one negative statement.

Indeed, we all know the tongue is sharper than any double-edged sword. We all know the power of words.

Let me ask you this question, how long has it been since you have received a compliment from anyone? How long has it been since you have given a compliment to anyone?

Mark Twain said long ago, "I can live for two months on a good compliment."

What I have discovered is people

work with more gusto and enthusiasm when they are complimented and feel appreciated.

I know some are thinking, it's their job, that's what they get paid for, it's their duty. All of those things are true, but we are talking about people, not machines.

None of us would consider not doing preventive maintenance on our vehicles. If we don't change the oil, keep air in the tires and fuel in the tank how long will it run? I'm sure you would agree, people have far more value than vehicles.

Former minister and author Char-

lie Shedd has likened our need for affirmation to a tire with a slow leak, which, though pumped up at night, must be blown up again the next day. His point is that yesterdays compliments don't suffice for today. We all have an ongoing need for affirmation, and initial compliments need to be followed up with reminders.

I think we can all learn from the words of G.B. Stern who said, "Silent gratitude isn't much use to anyone."

The truth is kindness is a language everyone understands. Go out and make someone's day, pay them a compliment.

Guardsmen inspect excess property

EXCESS FROM PAGE 1

excess property as soon as possible, said Goodman.

Moreover, Goodman said he inspected his companies to place command emphasis on their responsibilities for the drawdown. He said many of the veterans of a previous, 2005 deployment to Iraq needed to readjust their thinking to current realities here.

"This inspection was partly to help change their mentality," he said. "During the last deployment, companies had trouble getting vehicle parts and equipment, so they got in the habit of hoarding. There is no longer a shortage; parts and supplies go through the system in a timely manner."

Goodman did an initial walk-through with the commanders two weeks before the inspection, during which he issued his guidance – company areas needed to meet Army sanitation standards and all excess property had to be identified, he said.

"The companies spent every spare hour since then preparing," said Goodman. "There's been great improvement. The companies have identified 100 percent of the excess vehicles and 90 percent of equipment that they need to turn in. The first turn in of more than \$3.7 million worth of excess vehicles and equipment starts immediately."

Capt. Drew Clark, commander of A Company, 2/198th CAB, out of Hernando, Miss., said his force protection company was well prepared for the inspection.

"We drafted a plan, and the platoon sergeants and motor sergeant began implementing that plan weeks ago," said Clark, a Madison, Miss., native. "The Soldiers worked hard, and we had extra time to get ready. In fact, when the colonel did his initial walk-through, he didn't have many issues

with us. So we were just waiting for battalion to pull the trigger and inspect us."

Capt. Jeremy A. Allen, commander of B Company, 2/198th, out of Greenwood, Miss., said the excess equipment turn-in and inspection changed his perspective on the mission.

"This inspection made us focus on what we need to keep for the mission and what we can do without," he said. "The more we can do with less, the better we can help the bigger mission. We're doing a sustainment mission for the short term, but the long-term mission in Iraq is the drawdown."

Allen, a Memphis, Tenn., native, said preparing for the drawdown has even influenced changes in how he organizes his company's tasks.

"Preparing for the drawdown, we streamline the company mission, decreasing the number of troops necessary," said Allen. "For example, we cut the company headquarters section by nearly 50 percent, and we moved those Soldiers to the convoy security and maintenance platoons. That allows us to add truck teams to handle more security missions, because we expect the number of missions to increase as bases across Iraq begin to turn in vehicles and equipment for redistribution to Afghanistan and other key battlefronts."

Capt. Jeff Mallard, Jr., commander of C Company, 2/198th CAB, out of Oxford, Miss., said his convoy security company will see an increased operations tempo in the coming months, as they begin to haul equipment out of Iraq.

"We anticipate playing a significant role in providing security to convoys during the drawdown," said Mallard, a Bay City, Texas, native. "Therefore, we are doing all we can to minimize our property now in order to stay focused on our mission ahead."



Sgt. 1st Class Randolph Dover (left), a motor sergeant from Sardis, Miss., and 1st Sgt. John L. Beasley (middle), a Henando, Miss., native, both with A Company, 2nd Battalion, 198th Combined Arms out of Hernando, Miss., consult with Lt. Col. Kerry Goodman, commander of the 2/198th CAB out of Senatobia, Miss., and a Meridian, Miss., native, during an excess inventory inspection Oct. 11. The inspection was in preparation for the drawdown of U.S. forces and equipment from Iraq.

Mallard praised the effort of his Soldiers in preparing for the inspection.

"Soldiers like to stay engaged, and this has kept them busy for the last two weeks," said Mallard. "I am proud of my Soldiers and all the hard work they have put in. The credit for the drawdown rests on the backs of the young Soldiers. This is hard work and they are making it happen."

Capt. Bradley S. Hollingsworth, commander of A Company, 106th Brigade Support Battalion, headquartered in Magee, Miss., said he sees a lot of work ahead but feels confident that his company is prepared to meet the challenge.

"There will be many more hours

spent on this project, but the work we have already done will set us up for success when the order comes to begin drawing down large numbers of forces in Iraq," said Hollingsworth, a native of Florence, Miss. "It also helps create a safe work place by eliminating clutter."

The excess equipment drawdown shifts focus from core missions, but Goodman said he believes it is a high priority.

"The sooner the battalion completes its own excess equipment turn-in," said Goodman, "the sooner it can focus on securing the convoys that transport excess property out of Iraq to our brothers in Afghanistan."

Level two combatives classes to swing into JBB

CLASS FROM PAGE 1

Soldiers for combatives training, said Davis.

Spc. Eric S. Borrer, an ammunition specialist with the 80th Ord. Bn. and a primary instructor for the JBB combatives program, said the PT workout they have created is gauntlet-style cardio training.

"We PT two of the five days of the course for about an hour and a half," said Borrer. "The training consists of a lot of variations of cardio exercises, working upper body muscle groups and your core."

Davis said learning combatives helps prepare Soldiers for combat.

"Having this knowledge could help in a close combat situation," he said. "Think about the possibility of what would happen if there was a weapons malfunction. These classes prepare

you for that type of situation."

The class does not focus only on fighting techniques, however.

"Level one is set up as a crawl, walk, run phase," said Davis. "We go through everything step by step, and the students have lots of time to review their techniques before being tested on the last day of class."

To graduate, the students must perform their techniques and teach them back to the instructor. They must also develop a thorough knowledge of the history of Army combatives, said Davis.

The final test is participation in, and completion of, the clinch drill, he said.

"The clinch drill exercise consists of four, one-minute rounds and (combatants) will have to achieve one of three clinch moves on the puncher," said Davis. "It's developed

to have the Soldiers think while being attacked."

Pfc. Jaime J. Velez, a light wheeled mechanic for the 514th Maintenance Company out of Fort Drum, N.Y., said the only experience he had in combatives before taking the course was what he received in basic training. Velez, a Jayuya, Puerto Rico, native and the lightweight winner of the 80th Ord. Bn. combatives tournament last month, said the class has helped him.

"I've learned the proper mechanics and how to execute moves properly, as well as the history behind it," he said. "It is a great experience. We have great instructors and we've learned a lot this week."

According to the Fort Benning Web site on combatives classes, a level three or four certified instructor needs to validate the class for any

service member to be certified as a level two combatant.

Davis, who is level three certified, said the level two combatives class is only tentatively scheduled for December due to mission time constraints.

Chief Warrant Officer 2 Richard Mantoath, who is level four certified, just arrived at JBB and will be able to validate the level two classes, said Davis.

Davis said Mantoath's missions take priority over combatives for the time being, but the level two classes will begin once he is settled in.

Borrer, a Milford, Ill. native, said he really enjoys teaching the classes.

"It's not only a great self-confidence builder for the students, but also it is self-satisfying knowing that I'm teaching a skill set that Soldiers will incorporate on the battlefield," he said.

Soldiers provide safety through Access Control

STORY AND PHOTO BY
SPC. ANITA VANDERMOLEN
41ST IBCT

BAGHDAD – The 41st Infantry Brigade Combat Team base defense operations center's Access Control ensures the safety of the people at Victory Base Complex, Iraq, on a daily basis.

Sponsors bring local and third country nationals who want to work on VBC to Access Control for processing.

"The first step is verifying that they are not a threat to the base," said Maj. Matthew Lawson, BDOC AC officer in charge and a Salem, Ore., native. "This is the most critical part of what we do here."

The process begins by verifying the application, doing an initial background check and screening the appli-

cation based on Multi National Force-Iraq guidelines.

"We make sure the employer has the best interests of the U.S. Government and military in mind," said Maj. Michael Becker, AC officer and a Lafayette, Ore., native.

When the application is approved, the sponsor makes an appointment for the prospective employee to be fingerprinted and have an iris scan and an ID photograph through the Tactical Biometrics Collection-Iraq system.

"The system will check background information," said Spc. Beverly Sundell, an AC human resource specialist and a Salem, Ore., native. "We do this for security reasons to make sure each person is a safe individual."

The whole process, controlled by about a dozen Soldiers, takes roughly five to seven business days to complete, Lawson said.

"The Soldiers ensure who gets on



A potential employee gets his iris scanned with the Tactical Biometrics Collection System. The system is used for background checks on individuals wanting access to VBC and other areas in Iraq. It also provides a base for future identification. Iris scanning is one of the final steps in the process of issuing badges to potential workers on Victory Base Complex.

daily on average, said Becker.

"The VBC site is the largest transit site in Iraq for movement of equipment, personnel and contractors," Lawson said. "About 30,000 Local National and Third Country National employees are badged through this office."

With people coming to VBC from all over the world, Becker does not take his job lightly.

"We are not here to make friends, but to do the right thing," said Becker.

VBC and when," said Col. Eric Bush, the BDOC unit commander and a Prineville, Ore., native. "This small group of skilled Soldiers ensures the safety of 63,000 people."

The site processes 150 applications

Wagonmasters receive combat patch

STORY AND PHOTO BY
SGT. MATTHEW C. COOLEY
15TH SUST. BDE.

CONTINGENCY OPERATING LOCATION Q-WEST, Iraq – Soldiers with the 15th Special Troops Battalion, 15th Sustainment Brigade received their combat patches, formally known as shoulder

sleeve insignia - former wartime service, in a ceremony Oct. 15 at the Morale Welfare and Recreation building at Contingency Operating Location Q-West, Iraq.

The patch, which may be permanently worn on the right sleeve of most Army uniforms, shows the Soldier wearing it deployed to a combat zone with that specific unit.

During the ceremony, Lt. Col. Paula Lodi, the battalion commander, and Command Sgt. Maj. Clarence Miller, the battalion's senior noncommissioned officer put patches on the company commanders, who repeated the cycle with their first sergeants and Soldiers.

During her remarks, Lodi recounted a



recent trip to another base where she saw an NCO wearing a Wagonmaster combat patch that was twice as large as normal.

"I asked the sergeant where he got the patch and he proudly told me he and some others paid out of pocket to have the (local) shop make our patch because they

just couldn't wait to wear it," Lodi said to the Soldiers. "If you aren't proud to be part of a team that others want to join, you don't appreciate what we are all about."

Pvt. Nicholas Pierce, a radio maintainer operator and San Diego native, said he is honored to wear the patch.

Lt. Col. Paula Lodi, commander of the 15th Special Troops Battalion, 15th Sustainment Brigade and a Franklin, Mass., native, uses a cavalry saber to cut a cake with the oldest Wagonmaster, Master Sgt. Stanley Dyches, the brigade surgeon noncommissioned officer and a Copperas Cove, Texas, native, and the youngest, Pfc. Monique Carr, a 15th STB cook, during a patching ceremony Oct. 15 at the Morale Welfare and Recreation building at Contingency Operating Location Q-West, Iraq.

Pierce, who is on his first deployment, said the deployment met his expectations thus far.

"There (are) a lot of activities at the MWR (and) good food," he said.

The 15th Sustainment Brigade arrived in Iraq roughly one month ago. The brigade is responsible for logistical support to all of Multinational Division – North, including the movement of thousands of troops and tons of equipment as the U.S. military reduces its presence in Iraq.

"On the left (sleeve) it is temporary – the unit we happened to be assigned to at a particular moment in time ..." Lodi said. "... but Soldiers, today you are branded a Wagonmaster forever."

VIEW YOUR PHOTOS ON PROVIDER COMMON:

- CLICK THE START MENU AND GO TO RUN
- TYPE IN: \\BALAFSV11ZNO3\PROVIDER_COMMON
- CLICK THE PAO FOLDER
- CLICK 13TH ESC PHOTOS FOLDER
- PHOTOS ARE ORGANIZED BY THE DATE OF THE EVENT

US forces, Iraqi Federal Police provide support to Balad school

STORY BY
2ND LT. JOYCE M. EVANS
37TH ENG. BN.

BAQUBA, Iraq – A humanitarian assistance mission by Iraqi Federal Police, the 6123 Federal Police Training Team and Combined Joint Task Force-Eagle gave Iraqi schoolchildren basic supplies for the new school year Oct. 12 at Man ben Ziad Elementary School.

The 37th Engineer Battalion-JTF Eagle, out of Fort Bragg, N.C., joined the 6123 FPTT, out of Fort Riley, Kan., and their IFP counterparts to address the needs of schoolchildren in the

Baquba area. This partnership mission allowed the IFPs to interact with the local population and contribute to their community.

Man ben Zaid Elementary School was the first stop, followed by a visit to Talabar Elementary, where roughly 100 children awaited the arrival of the humanitarian group with an air of anticipation and excitement.

Col. Jabar, an IFP officer, spoke to the children and told them why Coalition forces were there.

After meeting the IFPs, the children returned to their separate classrooms to peek through windows as the IFPs proceeded to hand out the school supplies.

Once the last backpack was hand-

ed out, Capt. Timothy Behnke, the JTF-Eagle chaplain, of Wales, Wis., thanked the school administrator for the opportunity to meet the children, teachers and staff.

Behnke said the education of children “is one of the hardest but most important jobs.”

Teachers and students expressed gratitude for the school supplies they received, and the IFPs were enthusiastic about the opportunity to distribute them to the children.

“It is a good, personal and humbling experience to provide much needed school supplies for Iraqi children,” said Capt. Ismael Flecha, of Fair Lawn N.J., the physician’s assistant for JTF-Eagle.

Corrections

In the Oct. 21st edition of the Expeditionary Times, the story titled “After 15 months, 724th slated to go home” should have read “After 15 months, 70th slated to go home” and the first sentence should have said the 70th Transportation Company passed its mission to the 724th Transportation Company...

In the story “AMC commander visits JBB,” the photo cutline should have read, “Gen. Arthur J. Lichte, commander of Air Mobility Command, talks with Airmen of the 777th Expeditionary Airlift Squadron here. Lichte visited JBB as part of a tour throughout Southwest Asia to observe air mobility capabilities and missions.”

Noncommissioned officer training in Iraq helps Soldiers improve leadership

STORY AND PHOTO BY
SPC. CORY E. GROGAN
41ST IBCT

AL ASAD AIR BASE, Iraq – Members of the 41st Infantry Brigade Combat Team took a step forward in their military career during a graduation ceremony from Basic Noncommissioned Officer Course Oct. 1 at Al Asad Air Base, Iraq.

The Oregon Guard members were part of the last BNCOC class in Iraq, in which 28 Soldiers learned skills they will immediately put to use on their deployment said Sgt. Rueben Archuleta, a Portland, Ore., native.

BNCOC is designed for Soldiers who want to advance their military careers through promotion and increased leadership responsibilities, said 13th Sustainment Command (Expeditionary) Command Sgt. Maj. Mark D. Joseph.

Joseph said taking the course in Iraq was a great opportunity for the Soldiers because they will not have to separate from their families to do so when they



Noncommissioned officers from the 41st Infantry Brigade Combat Team pose with the brigade flag and the Oregon state flag after graduating from the Basic Noncommissioned Officer Course Oct. 1 at Al Asad Air Base, Iraq.

get home.

“It is great that command allows Soldiers to do this because these Soldiers are able to improve themselves on deployment and go back to the fight continuing to use the skills they have learned here,” said Joseph.

Archuleta said they took the accelerated course in a video teleconference format via Web camera, with four class locations ranging from Hawaii to Iraq.

“This is like BNCOC on hyperdrive,” said Sgt. Kristine Greer, a supply and project noncommissioned officer and

a Portland, Ore., native. “I was a little nervous at first because the course was very challenging and in-depth, but it has been a very rewarding experience.”

Archuleta said he was pleased to take the class in Iraq also, for personal reasons. Now he will not have to leave his newborn baby to take the course when he gets home, he said.

The Soldiers are already in leadership positions on the deployment and are excited to put what they have learned to work, while it is still fresh in their mind, said Sgt. William Bentley, a Beaverton, Ore., native.

Greer said taking the class while on deployment was a perfect way to go.

“Everything was very fluid – we came off convoys and went straight to the classroom and we will be able to go right back out as better leaders,” he said.

Staff Sgt. Peter Bannister, from Gresham, Ore., said this was the last BNCOC class as the Army transitions to the Advanced Warrior Leader course.

“I am proud to be a part of this because now I can set a better example for other Soldiers,” he said.

TELL YOUR FAMILY AND FRIENDS HOW MUCH YOU MISS THEM

E-mail: expeditionarytimes@iraq.centcom.mil

Service members build history with Bataan Memorial Park

STORY BY
SGT. RYAN L. TWIST
EXPEDITIONARY TIMES STAFF

CONTINGENCY OPERATING LOCATION, MAREZ, MOSUL, Iraq – The Bataan Memorial Park is scheduled to officially open Oct. 30, in a dedication ceremony at Contingency Operating Location Marez, Mosul, Iraq.

“The Bataan Memorial Park is being named for the Soldiers of the 515th Coast Artillery, New Mexico National Guard, that fought in the Philippines in World War II,” said Lt. Col. Kenneth Nava, the 515th Combat Sustainment Support Battalion commander. “My unit, the 515th CSSB, carries on the name and legacy of these men.”

Staff Sgt. Miguel Padilla, the maintenance noncommissioned officer with the 515th CSSB out of Rio Grande, N.M., said the Soldiers here represent past Soldiers of the 515th, leaving their families and jobs, just like those of past wars.

Padilla, a Rio Rancho, N.M., native, said the 515th’s previous Soldiers came together as one unit, combining their skills and backgrounds to accomplish their mission. Now they work together, not just on the mission, but on creating a recreation space for themselves and those to come.

Sgt. 1st Class Tino C. Aguillera, a fuel operations assistant with the 515th, said

the simple act of putting a park together here brought them peace.

“I wanted a place for the Soldiers of this battalion to congregate and maintain their sense of community while here in Iraq,” said Nava, a Belin, N.M., native. “The previously insignificant patch of dirt and gravel under a couple of eucalyptus trees in Mosul, Iraq, will become that place.”

Aguillera, a Tucumcari, N.M., native, said the future of the park includes a game room with card and board game tables, a barbecue area with a table and deck, a volleyball court, two horseshoe pits and a miniature putt-putt golf course.

Padilla said the Soldiers’ jobs in combat environments are stressful, creating a need for recreation. This area will provide Soldiers with a way to escape from the daily grind of work, he said.

Nava proposed the recreation area and Soldiers began work Sept. 21.

Aguillera said the Soldiers work hard, picking up new skills and using them to further the project.

He said Padilla gave them a foundation of wood-working skills. Aguillera said he relies on Padilla for direction because Padilla brought civilian construction experience with him.

Padilla said he is a superintendent of a construction company in New Mexico, which made him a perfect candidate for the job. However, his work here differs greatly from his work at home, he said.

“(At home) I have guys working for me and I’m not doing the work myself,” said Padilla.



U.S. Army photo by Pfc. Dan Lograsso

Staff Sgt. Migeul Padilla, the maintenance noncommissioned officer with the 515th Combat Sustainment Support Battalion out of Rio Grande, N.M., and a Rio Rancho, N.M., native, uses a saw to cut wood for the Bataan Memorial Park deck at Contingency Operating Location, Marez, Mosul, Iraq. The park is scheduled to be dedicated Oct. 30 in recognition of the Soldiers of the 515th Coast Artillery with the New Mexico National Guard who fought during World War II.

Getting his hands dirty makes the job fun and easy, he said.

Pfc. Mark A. Credle, a truck driver with the 733rd Transportation Company out of Reading, Pa., and a Bayboro, N.C., native, said the units’ good NCOs handle the carpentry work well.

“I do carpentry work at home, but nothing professional,” said Credle. “Right now, I’m just learning a little more. The more practice you have, the better you

get.”

Padilla said the Soldiers enjoy the work and spending time with each other. They joke and hang out together, forgetting work outside the wire, he said.

Credle said teamwork has been vital to the Soldiers in this particular mission. He himself has learned how to present his opinions and ask for help, he said.

“I’m just trying to do anything I can to help out,” said Credle.

167th transfers authority of Convoy Support Center Scania

STORY AND PHOTO BY
SGT. 1ST CLASS TAD BROWNING
36TH SUST. BDE.

CONVOY SUPPORT CENTER SCANIA, Iraq – Soldiers and local Iraqis gathered amid a backdrop of Mine-Resistant Ambush-Protected vehicles, in a ceremony for the 167th Combat Service Support Battalion as they transferred authority to the 389th Combat Service Support Battalion Oct. 8 at Convoy Support Center Scania, Iraq.

“Scania is the only existing convoy support center in central Iraq,” said outgoing commander, Lt. Col. Gavin Heater of the 167th. “It supports all of the convoys pushing up from Kuwait and all of the convoys pushing down from north of Baghdad, and handles about 600,000 vehicles a year.”

The 167th CSSB came to Scania to take control of operations as the garrison and mayor’s cell, only two months after being re-assigned from providing



support to command and control of security forces, said Heater.

“The challenges for the 389th CSSB will be to keep up with the tempo as the responsible drawdown of forces takes place, as the throughput increases, to continue to sustain the services for the customers,” he said.

During the ceremony, Col. Sean Ryan, commander of the 36th Sustainment Brigade, challenged the 389th CSSB to

continue the support the 167th started.

“Take the baton and build upon the foundation that Task Force Granite has created,” Ryan said. “I challenge you to stay focused, never waive standards and remain flexible in this ever-changing environment, as we continue to execute the responsible drawdown of Soldiers and equipment.”

Lt. Col. Lisa Schieferstein, commander of the 389th, said the unit’s train up

Lt. Col. Lisa Scheiferstein, incoming commander with the 389th Combat Service Support Battalion, salutes Col. Sean Ryan, 36th Sustainment Brigade commander, as she assumes responsibility from the 167th CSSB in a transfer of authority ceremony Oct. 5 at Convoy Support Center Scania, Iraq.

started roughly seven months ago and originally it was scheduled to be in Talil. Due to mission changes, the Soldiers shifted their training to provide support to contracting officers and their representatives.

Schieferstein said she recognizes the important role the 167th played at Scania and expects the 389th to continue to improve during its tour.

“We expect to continue making some of the improvements that the 167th CSSB started,” she said. “As the Army draws down, there is a lot of equipment that needs to be moved, footprints that need to be shrunk. If you walk around Scania you can tell that the 167th CSSB has made really great strides. We will continue to keep that progress going.”

Transportation Soldier teaches life-saving techniques to comrades

STORY BY
2ND LT. NICHOLAS A. SWAB
47TH TRANS. CO.

AL ASAD AIR BASE, Iraq – Sgt. Craig Martin, a health care specialist with the 47th Transportation Company, taught his unit how to render medical aid and save lives.

Soldiers with the 47th Transportation Company, 751st Combat Sustainment Support Battalion, 96th Sustainment Brigade, out of Ft. Bliss, Texas, now know more than the fundamental aspects of shooting, moving and communicating in a combat zone.

Martin, a Missoula, Mont., native, is one of three health care specialists the company relies on to help take care of the medical needs and combat readiness of its Soldiers while they are deployed in support of Operation Iraqi Freedom.

As the company's chief health care specialist, Martin faces the challenges of tracking the medical readiness and daily medical needs of all 153 of the 47th's Soldiers, according to the operations section.

As a former cryptographic maintenance technician with 11 years in the Navy, Martin said he welcomed the change in career fields and took instant ownership of his position within the company.

"I decided I wanted to do some-

thing different and something more challenging ... it is definitely more rewarding," he said.

Staff Sgt. James Dunn, a human resource specialist and platoon sergeant with the 47th Trans. Co.'s headquarters section and a Katy, Texas, native, praised Martin's proactive approach to medical care and advancing himself as a Soldier.

"Since Martin has come to the unit, he has grown by leaps and bounds to bring himself up to speed on Army regulations and the Army way of doing things," Dunn said. "He has taken the initiative to go to the Troop Medical Clinic and learn more about his career field."

Martin said he had recently been presented with the 10th Sustainment Brigade's Muleskinner of the Week award and recognized by Lt. Col. Jody L. Dew, commander of the 751st Combat Sustainment Support Battalion, for his efforts as the senior combat life saver training instructor.

"He's a really knowledgeable NCO," she said.

Martin's willingness to pass his knowledge on has been instrumental in the battalion goal of reaching 100 percent of Soldiers trained and proficient in combat life saving procedures, said Dunn.

"Everybody has a purpose and every job is equally important," Martin said. "From driving a truck ... to possibly saving somebody's life, everybody has a role and everybody plays a part, no matter what it is."



U.S. Army photo by Capt. Jennifer A. McIntyre

Sgt. Craig Martin, a health care specialist with the 47th Transportation Company, 751st Combat Sustainment Support Battalion, 96th Sustainment Brigade and a Missoula, Mont., native, conducts combat life saver training at the Troop Medical Clinic. Martin has used his skills in an effort to CLS qualify 100 percent of the 751st CSSB.

Combat sustainment support battalions transfer authority

STORY AND PHOTO BY
PFC. MICHAEL SYNER
10TH SUST. BDE.

CAMP TAJI, Iraq – A Fort Riley, Kan., combat sustainment support battalion is wrapping up its mission as an Irvine, Calif., CSSB steps

in to take control of the continuous effort to build Iraqi civil capacity and assist in the drawdown of U.S. forces and equipment from Iraq.

Soldiers with the 419th Combat Sustainment Support Battalion, 10th Sustainment



Brigade, officially handed control of their mission over to the 541st Combat Sustainment Support Battalion, 10th Sustainment

Brigade, during a ceremony Oct. 3 at Camp Taji, Iraq.

The transfer of authority

Lt. Col. Paul Dismer, commander of the 541st Combat Sustainment Support Battalion and a Morgan City, La., native, uncases the battalion's colors with Command Sgt. Maj. Ian Griffin, a Pittsburg, Texas, native, and the unit's senior enlisted adviser, as part of the unit's transfer of authority ceremony Oct. 3 at Camp Taji, Iraq.

ceremony is the final step, and a symbol of the actual changing of unit authority.

"It is an honor and privilege to be standing here today taking over the mission from 419th Combat Sustainment Support Battalion," said Lt. Col. Paul Dismer, commander

of the 541st and a Morgan City, La., native.

The 541st Pacesetters are scheduled to remain in country until August 2010.

"To the Soldiers now under the care of the 541st CSSB, welcome to the Pacesetter Battalion," said Dismer. "Our motto is 'Set the Pace,' and that is what we do. I already know from observing you in action that you are highly capable of continuing the legacy left by our predecessors, and I look forward to our challenges ahead."

The 419th has already begun their redeployment process and is scheduled to return to California by the end of October.

Operation Clean Sweep to come to Normandy

STORY AND PHOTO BY
SPC. MICHAEL V. CAMACHO
EXPEDITIONARY TIMES STAFF

CONTINGENCY OPERATING LOCATION NORMANDY, Iraq – A reconnaissance team for Operation Clean Sweep visited Contingency Operating Location Normandy Oct. 18 to assess the movement of retrograde materials throughout Iraq.

The 2nd Battalion, 3rd Infantry Regiment took control of COL Normandy Sept. 9. Since then, Soldiers in the unit work to identify excess assets in preparation for the mobile redistribution teams supporting the responsible withdrawal of U.S. troops and equipment from Iraq.

“The mobile redistribution team goes out and collects up all excess assets and returns them into the supply system,” said Capt. Daniel Simons, support operations planning officer with the 80th Ordnance Battalion.

“We came out here to get a picture of how big the mission is,” said Simons, a Missoula, Mont., native. “For instance, how many containers of retrograde (assets) to expect,

what assets they need here and what assets they have here.”

Simons said units fall onto equipment or assets left from previous units, and those items may no longer be of use. The MRTs coordinate with units to relocate almost all types of excess assets taking up needed space, including scrap metal and equipment parts, said Simons. Trash is excluded, he said.

Once retrograde materials are identified, sustainment transportation movement requests are used to relocate them, said 1st Lt. Randell Krug, chief movement supervisor with the 858th Movement Control Team.

“There’s so much cargo and supplies at these different places that they can’t sort through it all there,” said Krug, a Bad Axe, Mich., native. “So they’re going to put it on a sustainment TMR, which



Capt. Leonard Joyner, logistics officer with the 2nd Battalion, 3rd Infantry Regiment and a Muleshoe, Texas, native, surveys a holding area for retrograde materials Oct. 18 at Contingency Operating Location Normandy, Iraq.

is going to allow the 90th Sustainment Brigade to pull all that cargo from these smaller (COLs) into (Joint Base Balad) where we can organize it all.”

Simons said sustainment TMRs allow the MRTs to continue moving retrograde assets until they are all removed from the base, as they require much less paperwork and allow for more time-efficient movement of the retrograde materials.

JBB serves as a central logistics hub for the smaller surrounding COLs, said Simons. Once sorted, retrograde material is either redistributed in Iraq, pushed to Afghanistan or sent to Kuwait, he said.

The MRTs are a proactive step in the responsible withdrawal of U.S. military forces in Iraq, said Sgt. 1st Class Vernon Bigham, COL Normandy mayor with the 2/3 Inf. Reg.

Bigham, a Littlestown, Penn., native, said COL Normandy will be handed over to Iraqi Security Forces when U.S. forces pull out.

“We want to turn over working, functional (COLs) to the Iraqis; the MRT is a big step,” said Bigham. “They got here early, they did an assessment and we’re going to push out 90 percent of our excess now.”

165th Medical Detachment puts mission into focus

STORY AND PHOTO ILLUSTRATION
BY SGT. JAYSON A. HOFFMAN
EXPEDITIONARY TIMES STAFF

JOINT BASE BALAD Iraq – The 165th Medical Detachment offers a variety of optometry and optical services six days a week at Joint Base Balad, and Camp Taji, Iraq.

The Phipps Troop Medical Center optometry office at JBB and the location at Camp Taji, by the south dining facility, are open from 9 a.m. to 4 p.m. – closed from 12 p.m. to 1 p.m. for lunch – Monday through Friday, and Saturday from 9 a.m. to 12 p.m.

These locations offer spectacle ordering and adjusting, optical fabrication, physicals, routine care, and acute and emergency eye care support, said Capt. Jin Ha, team chief for the 165th Med. Det. out of Fort Bragg, N.C.

The unit also conducts missions to smaller contingency operating locations that do not have eye care support, he said.



“We have mobile equipment and fly out for two to four-day missions,” said Ha, a Queens, N.Y., native. “Most missions will support 100 to 300 Soldiers, so they don’t have to convoy through dangerous terrain to see us.”

He said the unit is small, with one optometry officer, one medic and one optical fabricator at each location. The unit’s

two locations process roughly 40 to 50 service members a day, he said.

The three-man teams still have to maintain regular administrative duties, and tend to get backlogged, so service members should make early visits, said Ha.

After the 165th makes a pair of glasses for a service member, the prescription is

input into the spectacle request transmission system, said Ha.

The SRTS then inputs the prescription into the Eyewear Replacement in Theater (G-Eyes) program, which is an online site where service members can order their prescription glasses, he said.

The Web site can be found at <https://g-eyes.amedd.army.mil/>.

Service members should seek an eye exam if they suffer from headaches or eye strain, frequently change glasses for different uses, suffer from variations in visual acuity or have suffered trauma on or near the eyes, said Col. Rick Wahl, command surgeon for the 13th Sustainment Command (Expeditionary) and a Fountain, Colo., native. Any abrupt changes in vision, such as blind spots, straight lines appearing wavy, tunnel vision or loss of ability to see dim lights, should indicate the need for an exam, he said.

“An incorrect prescription could cause blurred vision and headaches or eyestrain from overuse of muscles, which change the refractive power of the lens in the eye,” he said.

Check out the 96th Sust. Bde. online

See the website at:
www.96thsbde.com



Safety officer discusses housing safety

STORY AND PHOTO BY
SGT. MATTHEW C. COOLEY
15TH SUST. BDE.

CONTINGENCY OPERATING LOCATION Q-WEST, Iraq - Containerized housing units



are roughly half the size of a standard trailer home and, with up to two Soldiers sharing the quarters, safety issues can

arise.

"I understand that the Soldiers in the CHUs try to make them a little bit of home, but they have to have a good balance," Dave Sullivan, the 15th Sustainment Brigade safety officer, said. "(Soldiers) have to ask themselves, is this right?"

Sullivan said his biggest concern is fire.

"If the guy in CHU A's CHU catches fire, it's likely yours will go up too," he said. "It's a matter of minutes in fires in the CHUs."

Faulty or overloaded power strips are the main causes of CHU fires, Sullivan said. Only power strips with the CE, UL, or GS stamps are safe for use, he said.

To help fix this issue, the Q-West fire department and Task Force Safe will freely exchange Soldier's non-approved power strips, one for one, no questions asked, at the fire station here, said John Petrovic, the Q-West fire chief.

"I don't want to see any military ... or anybody getting injured from a self-inflicted wound from stupid stuff - that's



A Q-West fire department truck waits for a fire emergency at Contingency Operating Location Q-West, Iraq.

a waste," he said.

Power strips have a maximum amount of power they are rated to handle listed somewhere on them, said Petrovic. The amount of power a device uses is also listed on the device, he said.

Sullivan urged Soldiers to do the math and make sure the sum of power being used by the devices plugged into a strip is less than the maximum amount for which that strip is rated.

Petrovic said to plug microwaves and refrigerators directly into the wall and never into a power strip together, as they are high-powered appliances.

"Don't daisy chain," said Sullivan, referring to the practice of using multiple extension cords or plugging one power strip into another.

Candles, coffee pots, and hot plates are among the list of fire hazards not allowed in CHUs, he said.

"Americans like to grill ... but not in the CHUs," Sullivan said.

Morale fires are also permitted, but only with a burn permit from the fire department, he said.

Another, possibly less noticeable fire risk, is faulty wiring and light ballasts, he said. If florescent lights do not turn on immediately or flicker, it could be a

sign of trouble and needs to be reported to the chain of command or mayor cell, Sullivan said.

Petrovic also said Soldiers sometimes disable their smoke detectors during sandstorms and then neglect to turn them back on. The smoke detectors' sensors may also become dirty from sand, he said, and the dust needs to be blown out of the detectors' vents from time to time.

Empty or inoperable fire extinguishers can be another problem. The fire department here will also exchange them one for one, said Petrovic.

Petrovic said Q-West experienced an average of two CHU fires a month until recently, when the fire department and other safety officials stepped up their safety-education efforts.

Although Sullivan and Petrovic agreed fires are the biggest safety concern in the CHUs, Sullivan noted some other considerations.

Non-tactical vehicles are a danger to Soldiers in the CHU areas and are therefore not authorized, even for loading and unloading, he said. Also, he said it is a Soldier's responsibility to bury the cables running between their CHUs, for safety and the cable's protection.

"If you see something doesn't look right, report it," Sullivan said. "We need to take care of each other. We all come home together."

In case of an emergency on Q-West, call 911 on a secure Internet protocol routed network, non-secure Internet protocol routed network, or contractors' voice over Internet protocol phones.

US Army Materiel Command Band rocks Q-West

STORY BY
CAPT. MURRAY SHUGARS
2/98TH CAB

CONTINGENCY OPERATING LOCATION Q-WEST, Iraq - The U.S. Army Materiel Command Band,



out of Aberdeen Proving Grounds, Md., performed Oct. 17 at Contingency Operating Location Q-West, Iraq.

Raw Materiel, the AMC's 9-member rock ensemble, jammed to a range of popular tunes in a headline show at the Morale, Welfare and Recreation indoor theater and performed two encore performances in the main dining facility Oct. 18 and Oct. 19.

The band is in the midst of a 40-day tour that includes stops at Joint Base Balad, Victory Base Complex in Baghdad, Contingency Operating Location Falcon, COL Meade, COL Carver, Talil, Mosul and Kuwait, said Maj. John Herd,

director of Morale, Welfare and Recreation and a Florence, Miss., native..

Sgt. Elizabeth Whitehead, personnel clerk with Headquarters and Headquarters Company, Special Troops Battalion, 15th Sustainment Brigade, out of Fort Hood, Texas, said she enjoyed the show.

"The show was great," said the Los Angeles native. "They had a large variety of music, and they made me feel like I was somewhere else."

Staff Sgt. Jennifer G. Hutton, a supply noncommissioned officer in the same unit, echoed Whitehead's feeling of being transported by the music.

"They had a lot of energy, and they took my mind off being away from home," said Hutton, an Anchorage, Alaska, native. "I appreciate them taking the time to come put on a show for us."

Staff Sgt. Benjamin G. Smith, bass player and operations NCO, who has deployed

twice to Iraq and once to Afghanistan, said the band has had a great tour so far.

"Everyone has been great," said Smith, a Geneva, Ill., native. "The only issue we've had is the inconsistency of voltage in the power grid. We've blown three circuits and popped one generator."

Spc. Natanal Afanador, piano and saxophone player, on his first overseas deployment, praised the support the band has received.

"All the places we have been have been very organized and have taken good care of us," said Afanador, a San Juan, Puerto Rico, native.

He said he believes their music helps improve troop morale.

"Our purpose is to support the troops, give them a little



U.S. Army photo by Staff Sgt. Rob Strain

The Army Materiel Command Band, Raw Materiel, rocks the Morale, Welfare and Recreation theater Oct. 17 at Contingency Operating Location Q-West, Iraq. The band performed popular and classic rock songs for the Soldiers in attendance.

distraction," said Afanador. "They are doing important work in helping to rebuild a government."

Herd said the band volunteered to perform two extra shows when its outbound flight was delayed.

"This is the kind of quality show that Soldiers enjoy," said Herd. "The band was outstanding, and they really lifted our spirits ... They are a class act all the way, and we are grateful that Raw Materiel visited Q-West."

Commanders pass company flag in Iraq

STORY AND PHOTO BY
1ST LT. MEGHAN E. KEEFE
37TH ENG. BN.

AL BAKIR AIRFIELD, Iraq – The commander of the 37th Engineer Battalion-Joint Task Force Eagle, out of Fort Bragg, N.C., passed the 887th Engineer Support Company flag to its incoming commander in a ceremony Oct. 10 at Al Bakir Airfield.

Capt. Carl Oborski, a Clarksville, Tenn., native, passed the flag to Capt. Patrick Caukin, a Murfreesboro, Tenn., native, to represent the transfer of the company to Caukin's command in Iraq.

Lt. Col. Paul Huszar, 37th Eng. Bn.-JTF Eagle battalion commander, praised Oborski, the outgoing commander, during his remarks to the Empire Soldiers.

"It was not easy as they completed their transformation and really regenerated combat power from a previous Operation Iraqi Freedom deployment – all without a true battalion headquarters for the majority of their preparation



Capt. Patrick Caukin gives his incoming remarks to the Soldiers of the 887th Engineer Support Company Change of Command Ceremony.

and train up for this current deployment," Huszar said. "(Oborski) led from the front, established and maintained high standards, and challenged the Empire from day one of his command."

Oborski has served as the 887th ESC company commander since February 2008.

"Capt. Oborski led by example and knew each and every Soldier," said Capt. Nick Barry, executive officer and a Granby, Mass., native. "You could always count on him to know the answer to any technical question, making him a huge asset to the company not just for leadership, but also engineering operations."

Oborski deployed previously with the 326th Engineer Battalion, out of Fort Campbell, Ky., and the 1st Engineer Battalion out of Fort Riley, Kan.

"Five hundred and ninety days, almost 20 months have passed since I assumed the guidon of the 887th Engineer Support Company," said Oborski during his farewell remarks. "In that time I have witnessed some truly spectacular events and had the privilege to be involved in one of the most impressive unit transformations within the engineer regiment."

As the Empire loses one officer, they gain another.

Caukin is no stranger to the Empire.

While the 326th Eng. Bn. was deployed to Iraq this past year, Caukin served as the rear detachment commander.

"It's an honor to take command of the Empire after Capt. Oborski served with great distinction and set these fine Soldiers up for success for this deployment," said Caukin, during his remarks to his Soldiers.

Caukin has served four combat tours, including one as a military transition team leader in which he trained and worked with an Iraq Army unit. This is a task the 37th Eng. Bn. performs every day during engineer operations.

Caukin's familiarity with Iraqi culture will come into play as the company mentors and transitions with the 5th Iraqi Army Field Engineer Regiment.

"Capt. Patrick Caukin assumes command of the Empire at a very dynamic and exciting time in Iraq," said Huszar. "As the security situation continues to improve daily and the capacity of our Iraqi counterparts grows, our mission has rightly changed to focusing on civil support and capacity development by, with and through our Iraqi counterparts and the Iraqi government."

506th Soldiers shine at boards

STORY AND PHOTO BY
SGT. RYAN L. TWIST
EXPEDITIONARY TIMES STAFF

CONTINGENCY OPERATING LOCATION MAREZ, MOSUL, Iraq – Soldiers with the 506th Quartermaster Company out of Fort Lee, Va., performed well at the Soldier of the month and promotion boards at Contingency Operating Location Marez, Mosul, Iraq.

First Sgt. Joseph T. Walden, a Hammond, Ind., native, with the 506th QM Co., said the Soldiers were chosen to participate in the boards based on their efforts throughout the quarter.

"My Soldiers have performed admirably," said Walden. "(The Soldiers) performed their job at peak performance and above the standard."

As leadership watches Soldiers train and study daily in preparation for their respective board, it becomes evident when they are ready, said Capt. Dwight O. Smith, commander of the 506th QM Co.

"Sgt. (Therica T.) Drummond was definitely chosen because of her efforts to assist other people for preparing for the board, promotion and Soldier of the month," said Smith, a San Francisco native. "Sp. (Stephanie) Vargas, she has just done an outstanding job during this entire deployment."

Vargas, an operations clerk with the 506th and a Manhattan, N.Y., native, said she prepared with an Army study guide and practiced regular board questions. Weapons were the most interesting event, she said.

Other Soldiers helped her prepare by asking her questions, giving her scenarios and testing her while she was at work, said Vargas.

"We had to come to study group every day," she said. "We had to study all day, during the day."

Vargas said she was grateful for her NCOs' willingness to mentor and guide her in the correct direction. She was also thankful for their faith in her capacity to become a great leader, she said.

Smith said Vargas shows poise and execution far above her rank. He said she was selected for the Soldier of the month and he could tell from the start she would do very well.

Drummond, the night-shift operations noncommissioned officer with the 506th and an Orlando, Fla., native, said the boards were similar but, unlike the promotion board, the Soldier and NCO of the quarter boards included weapons testing.

"I didn't have adequate time to prepare, but I just went to the promotion board so it was pretty easy," said Drummond, who was promoted Oct. 1 and went to the board Oct. 8. "I felt great. I liked to win."

The vital knowledge Soldiers will take with them is the ability to mentor other Soldiers, said Smith. As Drummond prepared others for boards, she absorbed the information, he said. She mentored other Soldiers to be successful NCOs while they watched Drummond, a successful NCO, he said.

"It's a residual effect," said Smith. "It just compounds the ability to make a better Soldier, make a better leader, make a better company."

Drummond said it is important to stay connected to Soldiers in order to keep their respect. She said she helps them with the study group because she wants to see them succeed, to get to where she is.

"They have to be dedicated," she said. "It's hard to show up sometimes because you have other obligations. You have to put those on the side to further your career."

Vargas said her dedication gained her experience that will help with future boards, including the NCO board. She said she and Drummond helped each other out a lot.

"I believe these Soldiers won because they were the best prepared," said Walden. "They studied long, hard hours. They're continuing to study for the brigade board and I have no doubt in my mind that they are going to win."

Lt. Col. Kenneth A. Nova, commander of the 515th Combat Sustainment Support Battalion, gave coins to Drummond and Vargas for winning NCO of the quarter and Soldier of the quarter, respectively,



Spc. Stephanie Vargas, an operations clerk with the 506th Quartermaster Company out of Fort Lee, Va., and a Manhattan, N.Y., native, practices disassembling the M249 Squad Automatic Weapon in preparation for the brigade Soldier of the quarter board.

and for their overall effort toward mission success, said Smith.

"It was an honor to get coined by the battalion commander of the 515th CSSB," said Vargas. "I felt great about myself because I never thought I could do that, but you can do anything once you set your mind to it."

37th Eng. Bn. takes leap of faith

STORY AND PHOTOS BY
SGT. JAYSON A. HOFFMAN
EXPEDITIONARY TIMES STAFF

JOINT BASE BALAD, Iraq – The 37th Engineer Battalion held a St. Michael's Jump operation Oct. 18 at the outdoor pool at Joint Base Balad, Iraq.

"The St. Michael's Jump is an airborne operation that's traditionally sponsored by a chaplain," said Capt. Timothy Behnke, battalion chaplain with the 37th Eng. Bn. out of Fort Bragg, N.C. "St. Michael is the patron saint of the paratrooper and the reason why is that St. Michael is the angel that leads God's armies, the army of angels, against the forces of evil."

The unit command decided to bring a spiritual fitness event to the troops to boost morale because the unit is roughly one-third of the way through its deployment, said Behnke, a Wales, Wis., native.

St. Michael's Jump is an annual event at Fort Bragg, N.C., so this reminds the Soldiers of the training they do at home, said Capt. John D. Pritchard, assistant operations officer for the 37th, who assisted Behnke with the set up of the event.

Soldiers reported to five training stations before taking the big jump off of the high dive, said Prit-

chard, a Spokane, Wash., native.

Initially, Soldiers received the mission statement in a manifest brief, he said.

Soldiers practiced rigging their equipment for a drop at the rigging exercise station and the jump masters checked to make sure it was done properly, said Pritchard.

Another station trained troopers on proper aircraft exiting and landing procedures during sustained airborne training, he said.

Paratroopers practiced preparing to execute the airborne operation during the mock door training, which covers all actions taken before the jump and emergency procedures. Ultimately, it is the big rehearsal before the actual jump, said Pritchard.

The last station was the parachute landing fall, where troopers practiced their parachute landing, he said. For training they just jumped into the pool, he said.

After all stations were completed, the final stage of the event was an airborne-style leap from the high-dive platform at the outdoor pool, said Pritchard.

Non-airborne qualified service members took part in the event as well, said Behnke. It was a way to tighten the unit bond and convince more Soldiers to become airborne qualified, he said.

"(The St. Michael's Jump) brought a lot of motivation to the unit," said Sgt. 1st Class Cedric Mize, a heavy-construction equipment operator supervisor for B Company, 37th Eng. Bn. and an Akron, Ohio, native. "I'm a non-airborne personnel and in my platoon I have quite a few airborne personnel, so it brought a lot of experience for me to learn what the airborne Soldiers that I coach, teach and mentor do."

"There's a special kinship that an airborne battalion has," said Behnke. "We bring a lot of pride and history with us."

Behnke said Air Force Brig. Gen. Craig A. Franklin, the JBB commander, was supportive of the event, as were the outdoor pool staff and dining facilities workers who provided lifeguard support, as well as food and drinks for the event.

Behnke said other units planning events like this need to "think big and be creative."

"So many units get stuck in a rut and get complacent, and these kinds of events help break up complacency," he said. "We need to never neglect the Soldiers as a whole. Soldiers are our most important asset. We have physical fitness, mental fitness, spiritual fitness, social fitness. That's one of the things we want to do here; is value the Soldier as a holistic individual."



Capt. John D. Pritchard, the assistant operations officer for the 37th Engineer Battalion and a Spokane, Wash., native, conducts the manifest brief for the St. Michael's Jump Oct. 18 at the outdoor pool at Joint Base Balad, Iraq. St. Michael is the patron saint of paratroopers.

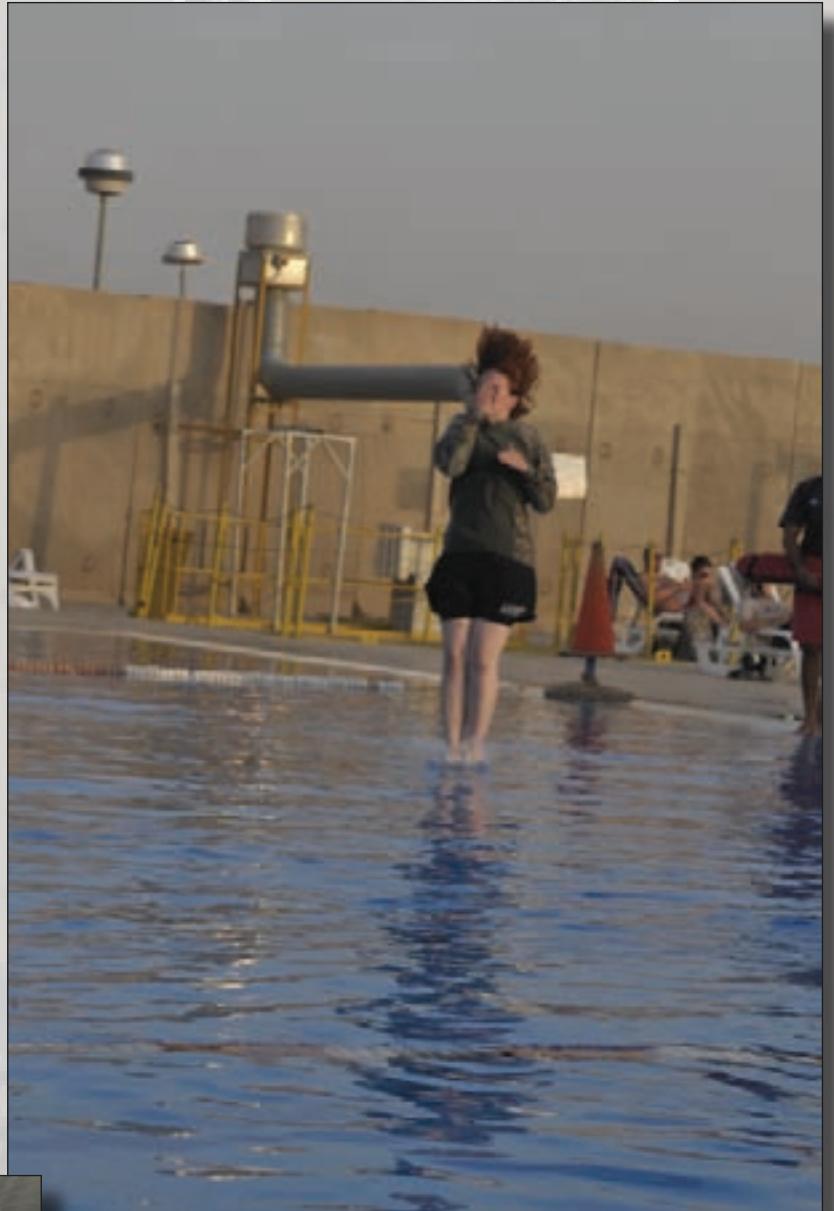


Sgt. Daryl Malisiak, team leader for Headquarters Company, 37th Engineer Battalion, is seen at the outdoor pool at Joint Base Balad, Iraq, during the St. Michael's Jump event.

ith at St. Michael's Jump



Soldiers taking part in the St. Michael's Jump, conduct parachute landing fall training Oct. 18 at the outdoor pool at Joint Base Balad, Iraq.



Spc. Jessica Deeter, vertical construction crewmember with Headquarters and Headquarters Company, 37th Engineer Battalion, enters the water on her final jump during the St. Michael's Jump Oct. 18 at the outdoor pool at Joint Base Balad, Iraq. Everyone who completed the jump received a certificate of completion.



ader, and Sgt. 1st Class Peter Strassels, platoon sergeant, both with Headquarters and th Engineer Battalion, review the equipment rigging for the St. Michael's Jump Oct. 18 at the Balad, Iraq. The St. Michael's Jump is an annual event at Fort Bragg, N.C., the 37th's home



Sgt. Jedan Rivera, armorer with Headquarters and Headquarters Company, 37th Engineer Battalion, shakes hands with Capt. Timothy Behnke, the battalion chaplain for the 37th and a Wales, Wis., native, and receives a certificate of completion for the St. Michael's Jump Oct. 18 at the outdoor pool at Joint Base Balad, Iraq. The event is traditionally sponsored by the unit chaplain.

A Battery celebrates 77th annual dinner in Iraq

STORY AND PHOTO BY
SPC. CORY E. GROGAN
41ST IBCT

AL ASAD AIR BASE, Iraq – The 2nd Battalion, 218th Field Artillery's A Battery, with the 41st Infantry Brigade Combat Team, celebrated a 77-year-old tradition Oct. 3 at Al Asad Air Base, Iraq.

The unit took time to honor its history by preparing a video and having a dinner the same day as the 77th annual A Battery Association Dinner in Oregon.

A Btry. was formed in 1866 and is the oldest continuous artillery element west of the Mississippi river, said A Btry. Commander Cpt. Eric Brenner, a Portland, Ore., native.

"When I went to my first dinner in 1997, I wasn't sure what to expect," Brenner said. "There were Soldiers who had been coming to the dinner for 50 years, who joined during World War



A Battery, 2nd Battalion, 218th Field Artillery has a formation upon arrival at Al Asad Air Base, Iraq.

II and the Korean War. Seeing those artifacts was an amazing experience." Sgt. 1st Class Ryan Evans, A Btry.

readiness noncommissioned officer and a Vancouver, Wash., native, said the evening allows people to share past experiences and give updates on current events. He started his military career with A Btry. and it has been an honor to be a part of it since then, he said.

"This deployment is an experience we hope to be able to share," said Evans. "We are running out of guys who have actually deployed and we want to carry on our tradition."

Sgt. 1st Class Richard Parker, a convoy commander, platoon sergeant and a Battleground, Wash., native, said it is an honor to be associated with the heritage of A Btry.

"When you're at the armory, you see the pictures and hear the stories," Parker said. "Then you go on deployment and know someday you will be the one in the story. We are proud to be here fulfilling our obligations and glad that we can still honor Alpha Battery while we are here."

159th Seaport Operations Co. affixes combat patches

STORY AND PHOTO
BY SPC. JOHN STIMAC
EXPEDITIONARY TIMES STAFF

JOINT BASE BALAD, Iraq – Soldiers with the 159th Seaport Operations Company out of Fort Story, Va., took part in a combat patch ceremony Oct. 19 at Joint Base Balad, Iraq.

Capt. Philip M. McDowell, commander of the 159th SO Co. and a Charlottesville, Va., native, said his Soldiers have been in Iraq for 83 days and he thought it was better to wait to affix the 7th Sustainment Brigade combat patches.

"We wanted to have the Soldiers get used to the mission first and earn their patch," said McDowell. "We feel the Soldiers are now ready and it is a good time for them to wear their patches."

Attendees were given a brief

history of the 7th Sust. Bde. patch and its symbolism.

According to the unit's Web site, the seven rays issuing from the center of the shield refer to the receiving and dispersal of personnel and cargo. A rook – resembling the chess piece that represents a castle – affixed in the middle of the patch, got its name from a Persian word meaning Soldier, according to the site. All this represents the personnel and equipment transferred from one mode of transportation to another by the organization, said the Web site.

The patch was authorized for wear by personnel of the 7th Transportation Group March 1, 1984, the site said. It was re-designated for the 7th Sustainment Brigade, with the description and symbolism updated Oct. 17, 2006, according to the Web site.

Sgt. 1st Class Freddie Raiford, platoon sergeant for the 159th SO Co. and a Miami na-

tive, said receiving a combat patch is a special time for a Soldier.

"It's giving honor to those that served before me, presently, and for those who will serve in a combat zone after me," said Raiford, who is on his second deployment to Iraq. "I'm just doing what the nation calls for me to do and I want to do it honorably."

Pfc. Lee Dear, an operations specialist with the 159th SO Co., said it was an honor to be patched, because not many people get to serve their country in a combat environment.

"Deploying with this unit has been a great opportunity for me," said Dear, a Chattanooga, Tenn., native. "We have great leadership here and I've learned a lot from them not only about my job, but about being a leader."

In a speech at the end of the ceremony, McDowell told the 148 assembled Soldiers that the patch is a symbol of self-



Sgt. 1st Class Freddie Raiford, platoon sergeant with the 159th Seaport Operations Company and a Miami native, affixes the 7th Sustainment Brigade combat patch on Spc. Roger Martinez, a motor transport operator and a San Antonio native, in a ceremony Oct. 19 at Joint Base Balad, Iraq.

less service and a reminder that they are forever members of the 7th Sust. Bde. and the Warrior Pride team.

Raiford said his unit want-

ed to leave its mark on JBB.

"We want everyone to know that 'Warrior Pride' is standing tall and ready to serve," said Raiford.

SHOUT OUT!!!

Contact the Expeditionary Times for more information.

E-mail: expeditionarytimes@iraq.centcom.mil

Transportation Soldiers bring Cajun flavor to Iraq

STORY AND PHOTO BY
SPC. LISA A. COPE
EXPEDITIONARY TIMES STAFF

CONTINGENCY OPERATING LOCATION SPEICHER, Iraq – Home-cooked meals are a comfort unavailable to Soldiers while deployed, but the members of the 1083rd Transportation Company out of Minden, La., brought Cajun cooking with them to Iraq.

Roughly 60 of the 184 Soldiers in the 1083rd Trans. Co. come from a Cajun background, said 1st Sgt. John A. Salas, with the 1083rd and a Monroe, La., native.

“I always thought it was best for the unit if we broke bread together,” said Salas. “It is a physical sign that I am going to feed you; I am going to take care of you; I am going to nourish you whether it be leadership-wise, mentorship-wise, or Family wise.”

Having meals together improves unit cohesion and allows the command staff to bond with their troops, said Salas.

“It gives myself and the commander an opportunity to let what hair we do not have down, and to sit down with troops and just be Family,” he said.

Spc. David T. Fontenot, a heavy equipment truck driver for the 1083rd out of Minden, La., said he makes himself feel more at home by cooking gumbo, a traditional Cajun food, in an improvised kitchen he made at Contingency Operating Location Speicher, Iraq, for his unit.



Spc. David T. Fontenot, a heavy equipment truck driver for the 1083rd Transportation Company out of Minden, La., and an Opelousas, La., native, cooks chicken and sausage gumbo for his fellow Soldiers Oct. 18, at Contingency Operating Location Speicher, Iraq.

Iraq, for his unit.

Fontenot, an Opelousas, La., native, said he got most of the ingredients for the gumbo from the chow hall, but had to get the roux sent to him from home. Roux is a flour and oil mixture that makes the basis of gumbo, he said.

Cooking is a big deal in the Cajun culture, Fontenot said. His mother

started teaching him to cook when he was 13 years old, and he is now teaching his son, who is 19.

Although his mother taught him to cook, Fontenot said his grandmother was his mentor.

“I really enjoy seeing people enjoy my food,” he said. “My grandmother was the same way.”

Fontenot, 40, said he likes to look after the younger Soldiers in his unit and cooking home-style allows him to make their deployment easier in a way.

“It does bring a taste of home here,” said Fontenot. “I see it not so much in my eyes, but in the troop’s eyes.”

Fontenot is not alone in his desire to bring a taste of Louisiana to Iraq.

Sgt. Alphonso D. Henderson, also a heavy equipment truck driver for the 1083rd, said he likes being called “The Cook.”

Henderson, a Farmerville, La., native, said he barbecues for the unit after every mission.

“I love to cook,” he said. “They say they like my barbecue and I like to barbecue. I could do this seven days a week if they would let me.”

Henderson said barbecuing is a family tradition for him – his father taught him how when he was 13 years old.

Barbecuing makes him feel more at home in Iraq, he said.

“It makes me feel like I am sitting in my front yard, but without my grass,” said Henderson.

He said the key to good barbecue is time and practices.

“It takes the right amount of time,” said Henderson. “Anybody can season meat, but you got to know what you’re doing. To get the flavor out of it, it takes time.”

Henderson then smiled and patted his stomach.

“That is a full resume,” he said.

Father, son pairs deployed together

STORY AND PHOTO BY
SPC. LISA A. COPE
EXPEDITIONARY TIMES STAFF

CONTINGENCY OPERATING LOCATION SPEICHER, Iraq – Family is never too far away at Contingency Operating Location Speicher, Iraq, where not one, but two father and son teams are stationed together.

When Spc. Michael R. Myers, a UH-60 Black Hawk helicopter repairer for D Company, 225th Aviation Regiment out of Schofield Barracks, Hawaii, mobilized to go to Iraq, his father, Staff Sgt. Norman G. Myers, a truck driver for the 724th Transportation Company out of Bartonville, Ill., said he decided to volunteer to join him.

While this is Michael Myers’ first deployment, Norman Myers is on his fourth deployment in his 27-year Army career.

“I found the 724th and joined them so I could come over here with him,” said Norman Myers, a Centralia, Ill., native.

Although the pair live on different

parts of the base and work different shifts, they find time to spend together.

“By the time I get off work, it is time for him to get up and go to work,” said Norman Myers. “I come over and we eat chow, sit around, talk for a little bit, and visit with the people he works with.”

Michael Myers, a Centralia, Ill., native, said having his father here with him makes him feel more at home in Iraq.

“Honestly, sometimes I forget we are deployed,” he said.

Spc. Brandon M. Lester, a cavalry scout for B Troop, 1st Battalion, 98th Cavalry Regiment out of Booneville, Miss., and his father Sgt. Duane A. Lester, a truck commander for the same unit, are in the same platoon and go out on missions together.

Brandon Lester, a Hickory Flat, Miss., native, said having his father here gives him someone to talk with about home and conduct physical training with.

“(It’s) pretty neat – I get to have family here,” said Brandon Lester. “Last night I went running with the man ... I have someone I can talk to that kind of can relate.”

Both father and son said they enjoy

having someone from home to talk to.

“I can talk to him on the same level as everyone else, but then again we can talk about family stuff,” said Duane Lester, also a Hickory Flat, Miss., native.

The elder Lester said he had previously served in the Marine Corps as an air frame mechanic, but was on a break in service when his son joined. He thought he was too old to re-enlist, but he and his son spoke to the recruiter the same day and enlisted together, he said.

Duane Lester said he never gets nervous about his son going on missions because they always go together.

“He is usually in the vehicle right behind my vehicle, so I know where he is all the time,” said Duane Lester. “We all have good radio communication ... We’ve got a good group we are with.”



Staff Sgt. Norman G. Myers, a truck driver with the 724th Transportation Company out of Bartonville, Ill., asks his son, Spc. Michael R. Myers, a UH-60 Black Hawk helicopter repairer with D Company, 225th Aviation Regiment out of Schofield Barracks, Hawaii, a question about the UH-60 his son works on. The Myers men are Centralia, Ill., natives.

THERE WAS A TIME WHEN THE BATTLEFIELD WAS EVEN...
THAT TIME HAS PASSED.

THIRTEENTH
SUSTAINMENT COMMAND (EXPEDITIONARY)

SUPPORT TODAY  PROVIDE TOMORROW

A PROVIDER OPERATION DIRECTED BY PROVIDER 6 IN COOPERATION WITH PROVIDER 7
STARTING THE TROOPERS FEATURING THE NCOs AND A SPECIAL APPEARANCE BY THE OFFICERS
PRODUCED BY THE FIRST SERGEANTS AND COMMANDERS AT ALL LEVELS BASED ON THE GRAPHIC HISTORY OF THE 13TH ESC
MUSIC BY THE BAND ORIGINAL SCORE BY THE TROOPERS TELEPLAY BY THE STAFF WRITTEN BY COURAGE, VALOR AND HONOR
FROM PROVIDER PICTURES and PHANTOM SUPPORT PRODUCTIONS

R RESTRICTED
No one under 17

How to deal with a workforce bully



**“The Stress Doc”
Mark Gorkin**

Q. How do we coach a bull-ly senior manager? One of our senior managers is a very smart man who over the years has contributed a lot to the growth of our firm. He is, however, a bully – and fully aware of it. He understands how being unable to control his emotions and bad behaviors hurts his colleagues, as well as his friends and family, yet he is not willing to change for fear of “losing

face” with colleagues. He is considered the “king of the firm” and no one seems willing to try and coach him.

A. All too often the head/s of a company pass the buck to human resources when they don’t want to tangle with the big buck, that is, the high performing workplace bully. So this intervention will require a two-pronged approach: engaging the conflict-averse company head and engaging this dysfunctional, aggressive senior manager.

1) Engaging the company head: Before confronting the bully, you must make sure the chief executive officer, is willing to back your intervention on multiple levels – strategically, legally (for example, once, as an organizational development consultant, I was threatened by an outside attorney, hired by a bullying department head, when the latter’s intimidating behavior was not getting me to back off) and even security-wise, that is, having a plan to escort the bully from the premises if hazardous or violent behavior appears imminent. If you have any doubts about your CEO’s support, I would not meet with the bully unless the CEO is present. At some point, if necessary, I might invite someone from the legal department to be part of the intervention team. Finally, while this bully manager has “contributed to the growth of the firm,” have you and the CEO done an analysis of how many of the firm staff have left the company because of this individual or are functioning at less than full capacity because of chronic angst? The use of the word firm makes me wonder if we aren’t talking about an attorney. Alas, it is not uncommon for an aggressive, Type A senior attorney whose adversarial nature reaps success in the courtroom to become a destructive virus in the boardroom and throughout the office.

2) Engaging the bully: Let me again take two approaches: assessment and intervention.

- **Assessment.** When working with or confronting a bully, to help with your objectivity – and not let his personality or actions overly trigger your hot buttons – it’s good to keep in mind that the bully was often bullied or abused as a child. So, bullying often evolved as a self-protective defense mechanism. Unfortunately, bullying behavior works – pushing people around, getting your way, having people back off or avoid you, etc. – especially when not confronted. As you note, this senior manager likes being “king of the firm.”

I also don’t quite buy his fear of “losing face” with colleagues. This assumes he has some genuine concern about his relationship with colleagues or friends, etc. I suspect he has bought into his own self-centered image, that is, “the king” doesn’t make changes for anyone. Perhaps on some level he is afraid of not having the capacity to mature and grow personally or professionally; a deeper sense of inadequacy may be revealed. In example, the true demon, his shadow pain and rage – the Intimate FOE: Fear of Exposure.

- **Intervention.** I believe a good cop/bad cop approach may be necessary:

a) Stroke the ego and reframe the behavior. While detailing examples of his bullying behavior – and not just physical threats as smart bullies often engage in intellectual intimidation, hostile or condescending putdowns, etc. – certainly acknowledge his positive contributions to the firm. You understand his being a naturally aggressive, head of the pack, alpha male, if you will. He may not believe he can channel his aggression without stifling himself. However, he needs to learn to be dominant without being domineering, as ultimately he puts his own status/career and the company’s legal and operational standing in jeopardy. And does he really feel proud of himself when he pushes around people not his equal in size, synapses or status – like assistants, his children, etc?

b) Provide learning options. For this individual, change won’t happen from one constructive confrontation, from reading a self-help book or even from typical management methods. As most organizations don’t like to part with talented rainmakers – or touchdown makers; think how some obnoxious prima donna athletes are coddled – I would first offer him personal, confidential offsite executive coaching/anger management for two to three months at the firm’s expense. If this is turned down, I would mandate him working with an anger management consultant, either offsite or in the work environment.

c) Group intervention. Finally, as is often the case with an alcoholic member of a family – and I certainly would want to rule out alcohol or substance abuse as a contributing factor in this manager’s bullying – there may need to be a group intervention before this senior manager opens up to the above approaches. Such an intervention might include you, the CEO, and any colleagues that this bully sees as near equals and, perhaps, even people whom he has particularly aggrieved, professionally or personally. During one group intervention, I recall a bully not believing his actions were so disruptive until a team member broke down in tears discussing her state of near terror. I had to meet separately with this team member and fortify her confidence before she would confront the aggressor. It’s usually wise to have a professional consultant facilitate this group intervention.

I hope the above assessment and intervention strategies help you feel empowered and goal-directed. This is a challenging undertaking; don’t be afraid to make clear to upper management that an outside expert likely will be needed to get this process moving. Ultimately, getting this bully under control will be good business for the firm and will help one and all ... Practice Safe Stress!

Mark Gorkin, LICSW, “The Stress Doc”™, is an acclaimed keynote and kickoff speaker, training/OD & team building consultant, psychotherapist and “Motivational Humorist.” He is the author “Practice Safe Stress: Healing and Laughing in the Face of Stress, Burnout & Depression” and “The Four Faces of Anger: Transforming Anger, Rage, and Conflict into Inspiring Attitude & Behavior.” A kickoff speaker for Estrin Legal Education Conferences, the Doc is America Online’s online psychohumorist™ and pioneer of a USA Today Online “HotSite” – <http://www.stressdoc.com> – recognized as a workplace resource by National Public Radio. For more info on the Doc’s speaking and training programs and products, email stressdoc@aol.com or call 301-875-2567.

This issue of the Expeditionary Times contains a reader submitted article written by Mark Gorkin, also known as “The Stress Doc.” Mr. Gorkin’s views are not necessarily those of the Department of Defense and the inclusion of his submission is not meant in any way as an endorsement of his services.

Are you ready for some football?

Looking for 20 second Football shout outs - and a singer to perform the National Anthem.

Think you have what it takes?

Run this hot route idea through your chain of command and have them contact 1st Sgt. Aangi Mueller.

POC: 1SG Aangi Mueller Email: aangi.mueller@iraq.centcom.mil Phone: 483-4601

Newly opened Iraqi cigar shop at Q-West

STORY AND PHOTO BY
CAPT. MURRAY SHUGARS
2/198 CAB

CONTINGENCY OPERATING LOCATION



Q-WEST, Iraq — An Iraqi-owned and operated cigar shop celebrated its grand opening Oct. 14 at Contingency Operating Location Q-West, Iraq.

Costing the owner more than \$40,000 in renovations and merchandise, the Abbas Cigar Club represents a continued Iraqi investment in this remote logistics base in Northern Iraq, said Capt. Allen Legere, officer in charge of the IBIZ retail section, with 2nd Battalion, 198th Combined Arms, Mississippi Army National Guard, out of Senatobia, Miss.

"In an effort to strengthen the local economy by supporting stability through commerce, the Iraqi-Based Industrial Zone retail section assisted Iraqi National, Ahmed Abbas, with the opening of the Abbas Cigar Club," said Legere.

Located on Eighth Street near the Troya Shopping Mall, the store sells cigars and other tobacco products as well as

accessories like hand-carved pipes, leather pipe cases, glass hookahs and lighters.

Ahmed Abbas of Mosul said he opened the store because he supports the U.S. forces in Iraq.

"We are happy that the American military is here because life is better now than before," said Abbas through an interpreter. "We want to show our appreciation by offering quality tobacco products at reasonable prices."

Abbas said he has worked at Q-West for seven years, first as an independent general contractor and then as a contractor for a Turkish-owned retail center.

Legere, a Gulfport, Miss., native, said the opening of the business is good for U.S. forces.

"Soldiers have told me that they wanted to shop at a store offering luxury tobacco products," said Legere. "Mr. Abbas has been easy to work with and has complied with all levels of Q-West policy and procedures that demonstrate his willingness to operate with Coalition forces here in Iraq."

The first customer in line to purchase a cigar, Staff Sgt. Tony T. Ware, the noncommissioned-officer in charge of Q-



Lt. Col. William B. Smith, Jr. (left), Q-West Mayor, 2nd Battalion, 198th Combined Arms, and a Hattiesburg, Miss., native, and Col. Larry Phelps, commander of the 15th Sustainment Brigade, examine cigars during the grand opening of the Abbas Cigar Club Oct. 14. An Iraqi-owned and operated store that sells a range of tobacco products and accessories, the store cost more than \$40,000 and represents a continued Iraqi investment in this remote logistics base in Northern Iraq.

West's Department of Public Works and a Grenada, Miss., native, said he was pleased with the store.

"I was first to buy a Cuban cigar on the grand opening," said Ware. "Next time I shop here, I might get one of these pipes. I give this store a thumbs up for the quality of their products, especially for a cigar smoker."

One shopper was less interested in cigars than in other

tobacco products and accessories.

"I bought a cigarette holder with the two-headed Byzantine eagle on the lid," said Capt. Correy K. Elder, the officer in charge of the Department of Public Works and a Jackson, Miss., native. "I think it's pretty good to give a variety of products to the Soldiers, give the guys more options."

Shopper Staff Sgt. Anthony M. Douglas, the non-commis-

sioned officer in charge of the mayor cell help desk and native of Cockrum, Miss., said the store offers Soldiers a unique way to relax.

"I'm glad the store opened because sharing quality cigars is a great way for Soldiers to kick back and relax at the end of the day," said Douglas. "I've been smoking cigars for nine years, but I have never had a Cuban cigar to put in my humidor. I am looking forward to smoking a real Cuban cigar."

Encouraging Iraqi commerce is an important part of the strategic effort here, said Lt. Col. William B. Smith, Jr., the Q-West mayor and a Hattiesburg, Miss., native.

"Supporting local business is important, and it becomes more important as our mission transitions," said Smith. "When multi-national forces return COL Q-West to the Iraqi military, we will leave them a better base than when we arrived, one with a military and economic infrastructure able to help support a sovereign, self-reliant Iraq. One way to define our level of success in Iraq is by how well we have nurtured Iraq's developing economic capacity, for this will significantly improve the country's long-term stability."

Brothers bond together in Iraq

STORY BY
SPC. CORY E. GROGAN
41ST IBCT PUBLIC AFFAIRS

AL ASAD, Iraq — Staff Sgt. Andrew Stocker and Spc. Janathan Stocker, West Linn, Ore., natives, are brothers serving in Iraq from the Oregon National Guard's 41st Infantry Brigade Combat Team.

The brothers said they are proud to serve together and have used their military service, as well as this year's deployment, to strengthen their bond.

Jonathan Stocker, Andrew Stocker's younger brother, said, "Seeing my brother live the Army values before I joined was motivating because those are the same values I wanted in my life."

This is Andrew Stocker's second deployment. During his first in 2005, he said he experienced difficult situations ranging from heavy combat to not knowing many people in his unit at the beginning of the deployment.



U.S. Army photo by Spc. Anita VanderMolen

Spc. Janathan Stocker

Jonathan Stocker said he remembers his brother's first deployment.

"It was pretty scary," Jonathan Stocker said. "We didn't talk for a while, and I wished we had spent more time together."

Andrew Stocker said he remembers when his brother told him he wanted to join the National Guard.

"I invited him to come do a live-fire exercise with us," Andrew Stocker said. "I said 'Hey come fire a cannon; you can't



U.S. Army photo by Spc. Cory Grogan

Staff Sgt. Andrew Stocker

do this as a civilian.' As we were coming home, he said, 'I'm thinking I want to join.' I pulled the car over on I-5 and said 'I don't think that is a good idea.'"

After that, however, Andrew Stocker supported his brother's decision and asked to have him brought into his squad when Jonathan Stocker graduated from basic training. When Jonathan Stocker accepted, his commander asked him if he was sure he wanted to be a private under his brother's command.

"I've been a private for Sgt. Stocker for 21 years," he said. "It will be fine."

Andrew Stocker said the pair have proven their ability to work together both at home and in Iraq.

"I think I expect even more of him because I know what he is capable of," he said.

Andrew Stocker re-enlisted to come on the deployment with his brother.

"I feel better being here with him," he said. "I wasn't going to let him come over here by himself."

Jonathan Stocker said he likes being in the Guard because he has experienced a lot of self-improvement and feels he is growing as a person every day.

Both men said they agree it is nice to have family around on a deployment because it does not seem as though they are so far from home.

"Some things are different," said Andrew Stocker. "I call him Spc. Stocker on the phone, but it is great because we are closer now and get to see each other more often."

Do you
have a
story idea?

Contact
us at:

expeditionarytimes@
iraq.centcom.mil

Sudoku

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

Level: Hard

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

Last week's answers

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

TEST YOUR KNOWLEDGE

1. What famous document begins: "When in the course of human events...?"
2. Who said: "I'm the president of the United States and I'm not going to eat any more broccoli"?
3. What congressional award was Dr. Mary Edwards Walker the first woman to receive?
4. Who was the first U.S. president to adopt the informal version of his first name?
5. What Texan ended up with one delegate after spending \$12 million of his own money running for president in 1980?

1. The Declaration of Independence. 2. George Bush. 3. Medal of Honor. 4. Jimmy Carter. 5. John Connally.

JB BALAD WORSHIP SERVICES

TRADITIONAL - Sunday

0200 Air Force Hospital Chapel 0930 Provider Chapel
 1030 Freedom Chapel (West side) 1100 Castle Heights (Bldg. 7562)
 1400 Air Force Hospital Chapel 1730 Gilbert Memorial Chapel (H-6)
 2000 Air Force Hospital Chapel

GOSPEL - Sunday

1100 MWR East Building 1200 Freedom Chapel (West Side)
 1230 Gilbert Memorial Chapel (H-6)

CONTEMPORARY - Sunday

0900 Chapel- Next Iraq/MWR East
 1030 Gilbert Memorial Chapel (H-6)
 1400 Castle Heights (Bldg. 7562) 1900 Freedom Chapel (West Side)

Wednesday

2000 Gilbert Memorial Chapel

LITURGICAL (Episcopal, Anglican, Presbyterian) - Sunday

1700 Provider Chapel

SEVENTH DAY ADVENTIST - Saturday

1000 Provider Chapel

CHURCH OF CHRIST - Sunday

1530 Castle Heights (Bldg. 7562)

LATTER DAY SAINTS (MORMON) - Sunday

1300 Provider Chapel 1530 Freedom Chapel (West side)
 1900 Gilbert Memorial Chapel (H-6)

MASS - Saturday

1700 Gilbert Memorial Chapel (H-6)
 2000 Freedom Chapel (West Side)

Sunday

0830 Gilbert Memorial Chapel (H-6)

Thursday

1100 Air Force Hospital

Mon., Wed., Fri.

1700 Gilbert Memorial Chapel (H-6)

Monday-Friday

1130 555th Engineer Bde. (Bldg. 7200)

JEWISH SHABBAT SERVICES- Friday

1700 Gilbert Memorial Chapel (H-6)

Saturday

0930 Gilbert Memorial Chapel (H-6)

ISLAMIC PRAYER - Friday

1700 Gilbert Memorial Chapel (H-6)

PAGAN/WICCAN FELLOWSHIP - Thursday

1900 The Shack

Saturday

1900 The Shack

GREEK ORTHODOX - Sunday

0900 Provider Annex

FOR FURTHER INFORMATION PLEASE CALL:

Gilbert Chapel: 443-7703

Provider Chapel: 433-2430

Freedom Chapel: 443-6303

JB BALAD ACTIVITIES

INDOOR POOL Swim Lessons: Mon., Wed., - 6 p.m. Tue., Thu., Sat., - 6:30 p.m. Aqua Training: Tue., Thu., - 7:30 p.m., 8:30 p.m.	a.m., 5-6 p.m. Edge Weapons & Stick Fighting Training: Tue., Thur., Sat., - 8-10 p.m.	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.	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.	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. Yoga: Wednesday- 8 p.m. MACP Level 1: Friday- 8 p.m. 5 on 5 Basketball: Saturday- 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. Darts: Saturday- 8:30 p.m.	Friday- 7 p.m. Aerobics: Monday, Wednesday, Friday- 7 p.m. Body by Midgett Toning Class: Tue., Thu., - 7 p.m. Dodge ball Game: Tuesday- 7:30 p.m. Furman's Martial Arts: Mon., Wed., Sun., - 1 p.m. Gaston's Self-Defense Class: Fri., Sat., - 7 p.m. Open court basketball: Thursday- 7 p.m. Open court soccer: Mon., Wed., - 7 p.m. Zingano Brazilian Jiu Jitsu: Tue., Thu., - 8:30 p.m.
EAST REC- REATION CENTER 4-ball tourney: Sunday- 8 p.m. Open Court Volleyball: Monday- 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 Jiu-Jitsu: Mon., Wed., Fri., - 8-9 p.m. Abs-Aerobics: Tue., Thu., 6-7	EAST REC- REATION CENTER 4-ball tourney: Sunday- 8 p.m. Karaoke: Monday- 8 p.m. 8-ball tourney: Monday- 8 p.m. Spin: Sunday- 9 a.m. Monday- Sat- urday- 4:30 a.m., 4 p.m., 10 p.m. 12 a.m. Soccer: Tue., Thu., - 5:45 a.m., 8:30 p.m. Yoga: 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.	H6 FITNESS CENTER Spin: Sunday- 9 a.m. Monday- Sat- urday- 4:30 a.m., 4 p.m., 10 p.m. 12 a.m. Soccer: Tue., Thu., - 5:45 a.m., 8:30 p.m. Yoga: Wednesday- 8 p.m. MACP Level 1: Friday- 8 p.m. 5 on 5 Basketball: Saturday- 8 p.m.	H6 RECRE- ATION CENTER Bingo: Sunday- 8 p.m. Texas	WEST REC- REATION CENTER Green Bean Karaoke: Sun., Wed., 7:30pm 9-ball tourney: Monday- 8 p.m.	WEST REC- REATION CENTER 3 on 3 basket- ball tourney: Saturday- 7:30 p.m. 6 on 6 vol- leyball tourney: Friday- 8:10 p.m.	CIRCUIT GYM Floor hockey: Mon., Wed., Fri., - 8-10 p.m.

UPCOMING SPORTS ON AFN



Wednesday 10/28/09

NBA Opening Night on AFN: Boston Celtics @ Cleveland Cavaliers, Live 2:30 a.m. AFN/sports
 College Football Primetime: East Carolina @ Memphis, Live 3 a.m. AFN/xtra
 NBA Opening Night on AFN: Los Angeles Clippers @ Los Angeles Lakers, 5:30 a.m. AFN/sports

Thursday 10/29/09

NBA Wednesday: New Orleans Hornets @ San Antonio Spurs, Live 3 a.m. AFN/xtra
 2009 World Series - Game 1: Teams TBD, Live 3 a.m. AFN/sports
 NBA Wednesday: Utah Jazz @ Denver Nuggets, Live 5:30 a.m. AFN/xtra
 2009 World Series - Game 1: Teams TBD, Tape Delayed 8 p.a. AFN/sports

Friday 10/30/09

College Football Primetime: North Carolina @ Virginia Tech, Live 2:30 a.m. AFN/xtra
 2009 World Series - Game 2: Teams TBD, Live 3 a.m. AFN/sports
 NBA on TNT: Denver Nuggets @ Portland Trail Blazers, Live 5:30 a.m. AFN/xtra

Saturday 10/31/09

College Football Primetime: West Virginia @ South Florida, Live 3 a.m. AFN/xtra
 NBA Friday: Chicago Bulls @ Boston Celtics, Live 3 a.m. AFN/sports
 NBA Friday: Dallas Mavericks @ Los Angeles Lakers, LIVE 5:30 A.M. AFN/sports
 College Football Gameday (Location TBD), Live 6 p.m. AFN/sports

Sunday 11/01/09

2009 World Series - Game 3: Teams TBD, Live 4 a.m. AFN/sports
 ESPN College Football Primetime: Teams TBD, Tape Delayed 11 a.m. AFN/sports
 IBF Bantamweight Championship: Joseph Agbeko vs Yonhhy Perez, Tape Delayed 2 p.m. AFN/xtra
 NASCAR Sprint Cup Series: Amp Energy 500, Live 9 p.m. AFN/xtra

Monday 11/02/09

2009 World Series - Game 4: Teams TBD, Live 4 a.m. AFN/sports
 College Football Primetime: Marshall @ UCF, Live 4:15 a.m. AFN/prime atlantic
 NBA on NBATV: New Orleans Hornets @ Boston Celtics, Tape Delayed 10:30 a.m. AFN/sports

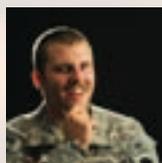
Tuesday 11/03/09

World Series, Game 5 (If Necessary): Teams TBD, Live 4 a.m. AFN/sports
 Monday Night Football: Atlanta Falcons @ New Orleans Saints, Live 4:30 a.m. AFN/xtra
 NBA New Jersey Nets @ Charlotte Bobcats, Tape Delayed 11 a.m. AFN/sports

Arts & Entertainment

'Zombieland,' a bloody good time

BY SGT. JAYSON A. HOFFMAN
EXPEDITIONARY TIMES STAFF



If you're looking for laughs, guts, guns and a little Bill Murray, then this is the movie for you. The movie may be predictable, but the outcome still keeps the audience laughing and jumping out of their seats.

Columbus (Jesse Eisenberg) is a nervous wreck of a man, managing to survive in Zombieland, a zombie-conquered America, because of the list of rules he religiously abides by. He's attempting to make his way back to Columbus, Ohio, to see his fam-

ily, when he runs into Tallahassee (Woody Harrelson), a Southerner with a penchant for killing zombies. The two men, who are opposites in every way, set out on their adventure through Zombieland when they run into Wichita (Emma Stone) and Little Rock (Abigail Breslin). The four have a troubled relationship built completely on the mistrust of one another, but they work together to survive Zombieland.

This movie, very much in the likeness of "Shaun of the Dead," was not in any way a parody of zombie movies, but was instead a humorous homage to the gory classics, even incorporating the speed zombies from modern classics like "28 Days Later" and the

new "Dawn of the Dead."

Eisenberg ("Adventureland") played the loveable loser who he typically portrays, but with more humor and eventually more bravado than his characters usually have.

Stone ("Superbad") and Breslin ("Little Miss Sunshine") played two tough talking sisters and they pull it off. Breslin gives her character the right amount of naiveté and toughness for a 12-year-old in Zombieland, and Stone gives off a Sarah Connor-esque ("Terminator") sex appeal.

Harrelson's ("Cheers") Tallahassee is the man. He's tough, but has heart. As Columbus said in the movie, "he makes killing zombies look like an art form." Harrelson is funny and defi-

nately the guy you want on your side of the zombie apocalypse.

The story was good but predictable at times. Even with all of its predictability, it was hilarious. The things you want to see happen do, but they happen better on film than you can imagine in your head. The film also has several jump-out-of-your-seat moments. When a movie is this funny, suspenseful moments catch you by surprise.

This movie was just plain fun. It has people laughing, jumping and hoping the nerdy guy gets the tough babe. If you like a good zombie flick and Woody Harrelson at the top of his game, then "Zombieland" is sure to make you laugh your guts out.

Pick it up at the PX: Mason Jennings, 'Blood of Man'

BY SGT. KEITH S. VANKLOMPENBERG
EXPEDITIONARY TIMES STAFF



The new Mason Jennings album, "Blood of Man," is one of the rare pieces of gold sitting in the masses of mediocrity

in the full-price CD section at the PX. I say full price because, more often than not, the best albums are hidden in ones or twos in the bargain bin.

I discovered Mason Jennings in 2001 while I was in the midst of a Jack Johnson phase. I was just learning guitar and Johnson's simple acoustic jams appealed to me. I read an interview that asked what Johnson was listening to at the time and he

said Mason Jennings. I immediately looked into him and realized he was even better than Jack Johnson. I have been a big fan ever since.

Jennings is known for his storytelling folk style and simple production values. Most of his albums are acoustic based with very few vocal effects. He often records his guitar and vocals simultaneously in the studio in the same manner as Bob Dylan.

"Blood of Man" is somewhat of a different beast. The album opens up with a dark rock song, "City of Ghosts," which features electric guitar. If it weren't for his very distinct voice, one might not think it was the same man.

Electric guitar pushes the next couple songs as well. Track three, "The

Field," is probably my favorite of the bunch. In the electric folk anti-war anthem, Jennings suggests the president deploy with his Soldiers.

After "The Field," the album goes back to the familiar with a couple of soft, yet dark, acoustic jams before reaching the climax of the unexpected with "Ain't No Friend Of Mine," which has the feel of a Dan Auerbach song. Lyrically it's much more repetitive than most Jennings songs, which are prose-like stories most likely sculpted by pen before guitar.

The album's first single, "Sunlight," is next and sounds like old Jennings though it's played on electric guitar. It's sort of the relaxing beach song you would expect from Johnson, but with Jennings' touch.

I didn't really leave room here, but I would be remiss if I didn't mention the album closer and title track. It has a really great build-up that instead of bringing the listener back down to Earth after a fantastic 40-minute listen, lets them know that his best work is yet to come.

His experimentation with darker rock sounds is a welcome change on this album. I'd say it comes the closest to the energy of a live Mason Jennings show in which his acoustic ballads are broken up by covers of Rage Against The Machine.

I think this is an album that will only get better with time and deserves the attention of anyone who actively listens to their music rather than playing it in the background.

OFFICER SPACE



Sustainer Reel Time Theater

Wednesday, Oct. 28

5 p.m. Extract
8 p.m. Funny People

Sunday, Nov. 1

2 p.m. The Stepfather
5 p.m. Sorority Row
8 p.m. Whiteout

Thursday, Oct. 29

5 p.m. Inglorious Basterds
8 p.m. Extract

Monday, Nov. 2

5 p.m. Sorority Row
8 p.m. The Stepfather

Friday, Oct. 30

2 p.m. Sorority Row
5 p.m. The Stepfather
8:30 p.m. The Stepfather

Tuesday, Nov. 3

5 p.m. Whiteout
8 p.m. Sorority Row

Saturday, Oct. 31

2 p.m. Whiteout
5 p.m. The Stepfather
8 p.m. Sorority Row

Wednesday, Nov. 4

5 p.m. Gamer
8 p.m. Inglourious Basterds



PHOTOS AROUND IRAQ



U.S. Air Force photo by Staff Sgt. Luke P. Thielen

U.S. Army 1st Lt. William Sharp (right), Military Police Platoon Leader, from Headquarters and Headquarters Company, 4th Brigade Special Troops Battalion, 4th Brigade Combat Team, 1st Infantry Division, discusses routes with Iraqi soldiers prior to a joint cordon and search mission with Iraqi soldiers from 1st, 2nd, and 3rd Companies, 3rd Battalion, 16th Brigade, 4th Iraqi Army Division, on the Zanjaliyah Peninsula, near Tuz, Iraq, Oct. 14, 2009.



U.S. Army photo by Staff Sgt. Brien Vorhees

A mortar round lies ready for soldiers of the Iraqi Army's 8th Division, during a training exercise Oct. 15 at Karbala, Iraq. The operation is the first live-fire, combined weapons training exercise for the Iraqi Army since the Iran-Iraq War.



U.S. Army photo by Staff Sgt. Tyrone Clakely

Iraqi Soldiers with the 37th Brigade, 9th Iraqi Army, plan a mission while U.S. Soldiers with B Company, 1st Battalion, 82nd Field Artillery Regiment, 1st Cavalry Division, out of Fort Hood, Texas, observe and advise during a practical training exercise Oct. 15 at Camp Taji, in central Iraq.



U.S. Army photo by Spc. Ernest E. Sivia III

An Iraqi soldier, assigned to the 39th Iraqi Army 10th Division, tries on an explosives ordinance disposal suit during the Muthanna Enabler Demonstrations on Joint Security Station Soto, Oct. 14 in Muthanna, Iraq. The demonstrations provided Iraqi Soldiers and Iraqi Police with information about supportive services the U.S. military can provide during Iraqi-led missions.



U.S. Air Force photo by Staff Sgt. Chrissy Best

Iraqi Costal Border Guards participate in a practical exercise to demonstrate skills they learned throughout the two week Riverine Waterborne Basic course, Oct. 6 in Umm Qasr, Iraq. U.S. Sailors assigned to Riverine Squadron 2, teach the Iraqi CBG the basics of navigation, technical procedures and the overall workings of their boats.

NEWS AROUND IRAQ

US forces transfer last security station in west Mosul

MOSUL, Iraq — U.S. forces officially transferred Joint Security Station Rabiya to the Government of Iraq and Iraqi Security Forces Oct. 7 in west Mosul.



Lt. Col. Phil Brooks, commander of the 3rd Battalion, 8th Cavalry Regiment, 3rd Heavy Brigade Combat Team, 1st Cavalry Division, Sameer Al Haddad, the receivership secretariat of Iraq, Maj. Gen. Mohammed Sabry, commanding general of the 3rd Federal Police Division, and other distinguished guests attended the ceremony.

“Today marks an important milestone for the Soldiers who stand before you and the people of western Mosul,” said Brooks during his speech at the ceremony.

Joint Security Station Rabiya was the last security station occupied by U.S. forces in west Mosul. The USF and FP stationed there were responsible for securing the neighborhoods of Al Aruba, Al Magrab, Al Rissala and Al Jededa.

“Due to the hard work and sacrifice of the 3rd Federal Police Division and the Iraqi Police of the Rissala District, security continues to improve everyday in these neighborhoods,” said Brooks. “They are the true heroes of Mosul.”

ISF expressed their gratitude for the continued support from USF in their constant fight against insurgents in Mosul.

“We thank our friends, the U.S. forces in Mosul,” said Sabry. “We thank them for their support to help the (3rd Federal Police) division to succeed to clear the area from terrorists.”

After Brooks and Al Haddad signed Rabiya over to the GoI, both were presented gifts of gratitude from Sabry.

“We celebrate the handing over of the last base from the U.S. on the west side of Mosul, and it’s something to be proud of, as Iraqis,” said Mohammed. “We now control 100 percent of the west side.”

Iraqi Security Forces search for suspected terrorists, arrest 6

BAGHDAD — Iraqi Security Forces arrested six suspects during a two-day operation in search of individuals suspected of staging attacks against security forces and civilians in Iraq.

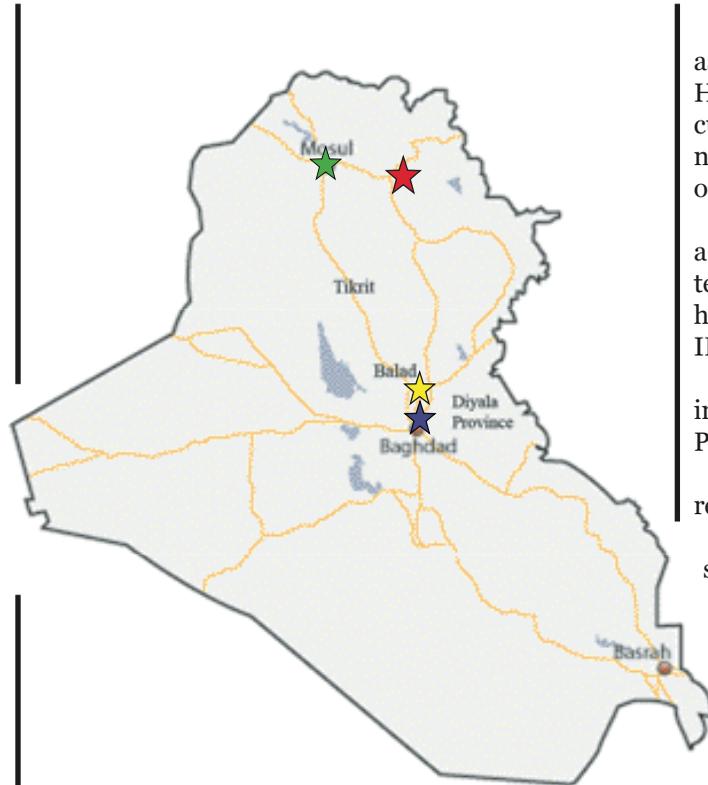


Oct. 12, Iraqi Army Soldiers, with U.S. forces advisers, conducted a security operation in Northwest Baghdad that netted two arrests.

The subject of the search was a suspected Jaysh al-Mahdi member accused of planning and conducting improvised explosive device attacks.

During the search, the security team apprehended and arrested two other individuals suspected to be associates of the Jaysh al-Mahdi network.

During Oct. 13 security operations in Baghdad, Kirkuk and Mosul, ISF, with U.S. forces advisers,



arrested four individuals suspected of conducting attacks against security forces.

In Baghdad, the security team searched for a suspected Kata’ib Hizballah terrorist group member and arrested one individual without incident.

Southeast of Kirkuk, Iraqi Police, with U.S. advisers, searched for an individual suspected to have direct links to al-Qaeda in Iraq and Islamic State of Iraq members.

They arrested two suspects during the search of several buildings.

The 3rd Federal Police Brigade, with U.S. forces advisers, arrested one individual in eastern Mosul during a search for an ISI member suspected of involvement with an oil extortion network and extortion-related assassinations within the city.

During the search of a building, the security team apprehended an individual who was arrested after questioning.

Training plays bigger role for Kirkuk emergency responders

CONTINGENCY OPERATING LOCATION WARRIOR, KIRKUK, Iraq — Training is an integral part of the partnership between the U.S. military and the emergency response unit in Kirkuk city, Iraq, but with the recent addition of a training officer, the ERU has shown U.S. partners it is capable of conducting its own training.



To help the training officer Lt. Hassan, Soldiers from 2nd Brigade Combat Team, 1st Cavalry Division, and one international police adviser traveled to the ERU station Oct. 5 to assess the training.

Now that this station has a training officer, the ERU trains every day before manning checkpoints, Hassan said.

Hassan said he trains his policemen in one subject, such as marching and physical conditioning, for a week until all of the officers have had a chance to learn.

“At this stage, learning how to train is as important as what you train,” said Command Sgt. Major Jeffery Hof, 2nd BCT, 1st Cav. Div. “If you compare the security forces back in 2003 to where they are now, it’s night and day. This kind of training is the cornerstone of a good training program.”

Policing skills training subjects include carrying a weapon properly, assembling weapons, patrolling techniques and operating checkpoints. In order to help this training run effectively, U.S. Soldiers and IPA observe it and give tips to the training officer.

“We want to help them learn community policing,” said Jon Still, a retired police officer from Eerie, Penn., who works as an IPA.

Still said a big part of community policing involves respecting human rights.

“We are attempting to get the IP to gain the respect of the community,” he said.

Still said he hopes to teach the officers how to effectively work a crime site, how to present evidence and how to properly handle prisoners.

“We want to train the IP so they can secure their own country,” said Still.

Even though the station has only had the training officer for two months, its U.S. partners said they have already noticed a change.

“There was a pretty distinct difference,” said 2nd Lt. Jaciel Guerrero, a platoon leader for 2nd BCT who works with the ERU.

He said proper wear of uniform and care of weapons have both improved significantly.

Because of the effectiveness of the new training officer, the station is also planning to assign a noncommissioned officer to act as assistant trainer.

“I am going to have a sergeant assist me soon in order to be able to conduct more training,” said Hassan. “I will begin training the NCOs; the NCOs will begin training the regular shurta (policemen).”

Guerrero said his Soldiers and the IPA will continue to work with the ERU station to help it develop training and to act as assistant trainers when needed.

“They are realizing that training is a good investment,” said Guerrero.

New Nato Training Mission-Iraq commander hosts open house

BAGHDAD — The new commanding general for NATO Training Mission-Iraq, U.S. Army Lt. Gen. Michael D. Barbero, hosted an open house at the new headquarters Oct. 10 at Contingency Operating Location Union III.

Ambassador Martin Howard, assistant secretary general of operations for NATO, and Iraqi Minister of Defence Abdul Qader later dedicated a plaque on the new headquarters building that commemorates five years of the NATO training mission in Iraq.

Other dignitaries included various Iraqi and U.S. general officers, as well as ambassadors and diplomatic representatives.

“As most of you know, NTM-I has been in Iraq since 2004, delivering training, mentoring and advice in a number of areas, from support at the strategic level in the Op Centers, the officer training and education, down to individual training within the Federal Police,” Barbero said. “Without the support, willingness and friendship of our Iraqi colleagues, and the manning and expertise provided by the NATO nations, we

would not be where we are today.”

The NTM-I commanding general discussed how the Iraqi military's officer education and training have been reinforced, both in support to the colleges in Baghdad and to the Officer Academy at Ar Rustimayah.

“The Carabinieri training of the Federal Police continues to develop and we look forward to continuing this partnership beyond February 2010,” he said. “We are also looking to the expansion of the mission to include having another NATO partner train Border Police forces. All of these actions go to strengthen the bond between Iraq and NATO.”

Barbero said in the next two years, NTM-I needs to ensure it has developed a sustainable education and training platform for Iraq to take forward.

“I look to you all, both Iraqis and NATO personnel, to ensure that we do as much as is feasibly possible in this timeframe,” he said. “The success of this period will determine the long-term relation between Iraq and NATO.”

Barbero praised Howard, calling the NATO ambassador's part in the past months “instrumental in shaping and forging the agreements between Iraq and NATO.”

Following additional remarks by Howard, the dignitaries toured the new NTM-I headquarters building and then Howard and Abdul Qader held a joint press conference for news media representatives covering the event.

NTM-I has been training, mentoring and advising officers in the Iraqi Security Forces since 2004, to assist the Government of Iraq in resuming its place in the international community and improving the security of Iraqi people with democratic security forces.

NTM-I mentors and supports the INDU, INDC and the Defence Strategic Studies Institute. Other cooperation projects for NATO in Iraq are out of country training courses for Iraqi nationals at NATO schools as well as National Police training led by Italian Carabinieri and at Ar Rustimayah the Iraqi Military Academy along with the Joint Staff College and Command College.

NTM-I officers also provide mentoring and advice to the Prime Minister's National Operations Centre, the Iraqi Ministry of Interior Command Centre and the Iraqi Ministry of Defence Joint Operations Centre.

Iraqi Army Bomb Disposal School graduates 34

 BESMAYA, Iraq – Thirty-four students graduated from the Iraqi Army Bomb Disposal School Level III Training Course Oct. 11 at the Besmaya Combat Training Center.

Students completed more than 377 hours of classroom and practical exercise training throughout a 12-week period.

The training courses at the Iraqi Army Bomb Disposal School parallel the International Mine Action Standards levels of certification I through IV.

The Level III course material included: international humanitarian demining; electric explosive initiation procedures; ordnance identification; battlefield area clearance; booby-trap mitigation; explosive storage and safety; protective works; electric demolition operations; and vehicle search and clearance operations.

Classroom instruction was reinforced by Iraqi-led practical exercises including tactics, techniques and

procedures developed using lessons learned during combat operations.

The Iraqi Army Bomb Disposal School Commandant, Iraqi Army Col. Jasim Mohammed Singy, highlighted the importance of the partnership between Iraq and the United States. He said the partnership between the Bomb Disposal School, Multi-National Security Transition Command-Iraq and Combined Joint Task Force-Troy has greatly contributed to the success of the students and the success of the Bomb Disposal School.

The graduates join the more than 1,500 students trained.

Iraqi Army engineering school begins fielding training

 TAJI, Iraq – The Electrical and Mechanical Engineering School began its unit set fielding training when 124 soldiers from the 1st Iraqi Army Division's Field Workshop Unit arrived here at the Training Center early in October.

USF is a concentrated field exercise that focuses on new equipment training, basic individual refresher skills and mission-specific collective skills training. This is the first time the EME School has conducted unit set fielding in its 50 years of existence.

The EME USF training will include classroom instruction and practical exercises on advanced vehicle repair, weapons repair, welding, and damaged vehicle recovery. In addition, students will also learn to operate the Iraqi Army Maintenance Program, the Iraqi Army's computer-based system for ordering and tracking repair and replacement parts.

The graduation ceremony is planned for Oct. 29. Upon graduation, the unit will return to Fallujah, Iraq, to establish a fully functional maintenance facility that will provide repair service on an array of vehicles and equipment for the Iraq Army's First Division in keeping with the EME School's commitment to preparing the nation's mechanics.

Community policing conference highlights successes

 BAGHDAD – More than 250 community policemen attended a conference Oct. 14 here to highlight successes and present concerns.

The conference was hosted by the Baghdad Provincial Police Headquarters in close cooperation with the Public Affairs Directorate of the Ministry of Interior.

According to the MoI PAD, the community police, or civilian police service, is a mediator between security institutions, like police stations, and organizations of leaders of the communities. Its mission is to communicate and interact to achieve participation between police and the community in making security responsibilities more visible.

The goals of the community policing organization include promoting the principles of citizenship, democracy, civil peace and human rights in Iraq under the rule of law. They also aim to strengthen awareness of human and national values of unity, coexistence and tolerance, along with fighting racism, discrimination and destructive values.

Another goal of this group is to provide psychological and social support to victims of crime, serious incidents and terrorism. The biggest goal is to open communication channels between the police and the community to increase the confidence and positive interaction between the two.

“Police should be more open and available to let people know that they are working for the benefit of all civilians,” said Dr. Abdul Salim, dean of the School of Journalism at Baghdad University. “Community police should be careful and be responsible in their actions and it is very important for public affairs to get the information out about the activities of the civilian police.”

U.S. Army Col. John Maietta addressed the crowd and praised the community policemen.

“I've seen polling data showing public confidence in Iraq's police is up,” he said. “Why is this? It is because of the more professional way that all police, including the civilian police, work to solve cases using evidence and upholding the rule of law in Iraq.”

“Your work helps police officers do a better job. You help to solve minor disputes before they lead to violence. You promote honesty and ethics and provide social support to victims of crimes, especially the women and elderly.”

Brig. Gen. Alaa Al-Taie, general director of public relations at MoI, said they must close the gap between the police and the people. He said they can do this by reporting crimes to police officers and building ties with the community. He said the police need a new image.

Iraqi media attended the event and conducted several interviews with the speakers.

Joint forces discuss military ethics

 BAGHDAD – Iraqi and U.S. Forces hosted their first commander's conference Oct. 13 here to discuss military ethics.

The purpose of the professional conference was to highlight the Iraqi and U.S. commitment to building professional and ethical capacities throughout the Ministry of Defence.

The conference was attended by senior Iraqi Army, Navy and Air Force officials, civilians, Iraqi government employees, political leaders and other representatives from the Ministry of Defence, as well as select members of the Multi-National Security Transition Command-Iraq, responsible for training and advising the Ministry of Defence on military values principles and leadership development.

“Soldiers have to do the right thing even when no one is looking,” said U.S. Army Brig. Gen. James McDonald, deputy commanding general with MNSTC-I. “All armies must make ethics and professionalism a priority.”

McDonald said he was proud of the way Iraq has demonstrated its commitment to military ethics and professional development. He said the Iraqi Army has done a great job ensuring ethics and values are taught at every level in the military.

Speakers at the conference highlighted Iraq's commitment to military ethics and professionalism. The common theme was that all members of the military must internalize certain core values such as loyalty to country, selfless service, honor and duty, and putting the needs of country before their own.

Several senior Iraqi military officials echoed the conference's themes of leading by example and setting conditions where subordinates are not placed into ethical dilemmas. Iraqi senior leaders attended the conference to share and discover methods that leaders must employ to build effective staff and teams.

The event was open to the media.

Phantom Support



U.S. Army photo by Staff Sgt. Rob Strain



The first group of runners take off on the first leg of the 10-Mile Relay Oct. 17 at Contingency Operating Location Q-West, Iraq. The 10-mile run was broken up into three 3.3-mile laps, and each member of a three-person team ran one lap.



U.S. Army photo by Spc. Digno Martinez

Lt. Col. Paul Dimer, a Morgan City, La., native and commander of the 541st Combat Sustainment Support Battalion, and Command Sgt. Maj. Ian Griffin, the senior adviser to the 541st Combat Sustainment Support Battalion and a Pittsburg, Texas, native, uncase the battalion colors during the transfer of authority ceremony to signify the change in authority from the 419th CSSB to the 541st CSSB.



U.S. Army photo by Spc. John Stimac

Iraqi Army Lt. Col. Rafed Mohsen Edan, the IA brigade civil affairs officer, asks an Iraqi child how she is doing in school. The IA has been an integral part in the success of Operation Back to School, which so far has helped 81 girls and 130 boys receive much needed materials for their school in an impoverished neighborhood.

Brig. Gen. Paul L. Wentz, commanding general of the 13th Sustainment Command (Expeditionary), poses for a photo with Cpl. Erika Hutchinson, an administrative assistant with headquarters and headquarters company, 13th ESC, after administering the oath of enlistment during a ceremony Oct. 16 at Joint Base Balad, Iraq.



U.S. Army photo by US Army photo by Spc. Naveed Ali Shah



U.S. Army photo by US Army photo by Spc. Michael Camacho

Staff Sgt. Charles Robinson, noncommissioned officer in charge of the medic team with the 547th Transportation Company and a Washington native, checks his bag for the proper medicine to alleviate the aches and pains of employees of the Department of Public Works. Robinson's team of medics provides first aid treatment and basic health assessments for DPW employees prior to their work day at Joint Base Balad, Iraq.