

The Expeditionary Times

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Vol. 3 Issue 24

May 5, 2010

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Tune up



Iraqi Soldiers train to solve transmission troubles

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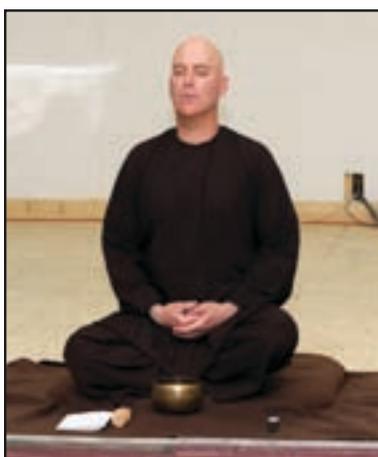
Tap out



80th Ordnance Battalion holds third combatives tournament

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Spiritual growth



Army's first Buddhist chaplain visits Adder

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Sun sets on Phoenix Battalion's Iraq mission



STORY AND PHOTOS BY
SGT. JOHN STIMAC
EXPEDITIONARY TIMES STAFF

JOINT BASE BALAD, Iraq – The 80th Ordnance Battalion, 15th Sustainment Brigade, 13th Sustainment Command (Expeditionary)

handed its mission over to the 13th Combat Sustainment Support Battalion during a transfer of authority ceremony May 1 at Morale, Welfare and Recreation center east at Joint Base Balad, Iraq.

The ceremony marked the Lt. Col. Christopher O. Mohan, commander of the 80th Ordnance Battalion, 15th Sustainment Brigade, 13th Sustainment Command (Expeditionary) and a Carthage, N.C., native, and Command Sgt. Maj. Kenneth H. Tincknell, senior enlisted adviser with the 80th Ord. Bn. and a Huntsville, Ala., native, case the battalion's colors May 1 during a transfer of authority ceremony at Morale, Welfare and Recreation center east at Joint Base Balad, Iraq.

end of a year-long deployment for the 80th Ord. Bn. out of Fort Lewis, Wash. and the beginning for the 13th CSSB out of Fort Benning, Ga.

In a speech delivered to both units, Lt. Col. Christopher O. Mohan, commander of the 80th Ord. Bn. and a Carthage, N.C., native, said May 1 marks the end of the unit's mission in Iraq, and in his 20 plus years of service, he never has been more proud.

"I'm proud because we accomplished what we said we were going to do," he said. "We provided uninterrupted sustainment support to our customers here on JBB, and in Salah ad Din and Diyala provinces."

The 80th Ord. Bn. participated in Operation Clean Sweep and turned in more than 1,500 items, valued at \$124.5 million, and hosted the first Amnesty Day at JBB, which netted more than 268 truckloads of excess material for United States Forces – Iraq.

"Our experience in this led to our external clean sweep operation." SEE TOA ON PAGE 4

Provider earns Purple Heart for 2004 combat injuries

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

JOINT BASE BALAD, Iraq – Staff Sgt. Keith King was presented the Army's Purple Heart medal, his second, by Brig. Gen. Paul L. Wentz, the commanding general of the 13th Sustainment Command (Expeditionary), April 26 at Joint Base Balad, Iraq.

King, a support operations executive assistant with the 13th ESC, earned the medal for a gunshot wound to the arm he received August 15, 2004, as an infantry squad leader with the 1st Cavalry Division.

While working with Marines in the city of Najaf, Iraq, they came under heavy mortar attack and insurgent gunfire, said King, a Houma, La., native. Soldiers and Marines pushed on together, and King was shot during one of the firefights.

Wentz said he proudly presented King the medal to recognize his dedication and service to his country. The Purple Heart is a medal that is not awarded, but earned through an often tragic circumstance the Soldier survived, he said.

"The Purple Heart is one of these awards a commander never wants to give, for obvious reasons, but it is one that you would never pass up an opportunity to," said Wentz, a SEE HEART ON PAGE 4



Staff Sgt. Keith King, a support operations executive assistant with the 13th Sustainment Command (Expeditionary) and a Houma, La., native, is presented the Army's Purple Heart, his second, by Brig. Gen. Paul L. Wentz, commanding general of the 13th ESC and a Mansfield, Ohio, native. King earned the medal for sustaining a gunshot wound to the arm August 15, 2004, as an infantry squad leader with the 1st Cavalry Division.

Balad Blotter April 23 - April 29

AGGRAVATED ASSAULT:

A complainant telephoned the Law Enforcement Desk April 23 to report an assault at the indoor pool in building 7642. Patrols were briefed and dispatched. Patrols arrived on the scene and made contact with the complainant, witness, victim and subject. A patrol transported the suspect to the LED. A flight chief transported the victim to the LED. The witness said he was taking a shower and heard two people fighting in the shower next to him. He turned around and saw the subject hitting the victim with a two-foot iron rod. The victim said he was showering at the pool, where he works, when the subject approached him and hit him, striking his back, arms and legs. He said he did not know why he was struck. The subject said the victim had been staring at him all day, which meant he wanted to fight in his culture and it made him angry. The subject said the victim was in the shower when the subject asked him "Why you stare at me?" The victim grabbed his shirt. The subject said he walked away and came back with a metal rod, at which time the victim made some comments about the subject's sister. The subject then admitted to hitting the victim with the weapon two or three times. The witness and victim were issued Department of Defense Form 2701/VWAP. The victim displayed physical signs of injury but declined medical attention, which was later requested. The victim was seen by KBR, Inc. medical personnel. The subject was released to his supervisor.

MAJOR VEHICLE ACCIDENT:

A complainant telephoned the Law Enforcement Desk and reported a vehicle accident had occurred April 27 at the intersection of Victory Loop and North Bypass Road. Patrols were dispatched, as was the fire department. Patrols arrived on the scene at the intersection and made contact with the driver. Fire department personnel arrived on the scene. Patrols said the vehicle crashed through a chain link fence and into a concrete slab. Roughly two liters of fuel were spilled on the scene. Fire department personnel said there was no need for a cordon. Hazardous material personnel arrived on the scene. The fire department terminated its response. Alert Photo personnel arrived on the scene and took 66 pictures. Patrols assisted the driver and witnesses one through three with Air Force Form 1168, Statement of Witness. The vehicle's front end was smashed in and it was disabled.

COUNTERFEIT CURRENCY:

At 4:12 p.m. April 28, a complainant telephoned the Law Enforcement Desk and reported counterfeit U.S. currency was discovered at the H-6 shoppette. Patrols and Criminal Investigative Department personnel were dispatched. Patrols arrived on the scene and made contact with the complainant, confirming the currency to be counterfeit. The complainant and witness completed Air Force IMT 1168/Statement of Complainant/Witness. The complainant said she issued the witness her register for her shift at 4:12 p.m. After the witness counted the currency, she discovered the counterfeit \$5 bill after marking the bill with a counterfeit test marker and the mark turning dark brown. The witness immediately reported the currency to the complainant, who also confirmed the currency as counterfeit. CID arrived on scene took control of the case.

NIPR: 443-8602

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Chaplain's Corner: listen, ask questions

CAPT. ROBERT KINNUNE
125TH CHAPLAIN DET.

As we think about working to interact with others in healthy ways, I believe asking questions and truly listening are some of the most important skills we can add to our relationship skill set.

As we are told in James 1:19-20, "My dear brothers, take note of this: Everyone should be quick to listen, slow to speak and slow to become angry, for man's anger does not bring about the righteous life that God desires."

A friend of mine told me he saw a sign that said, "I know you believe you understand what you think I said, but I'm not sure you realize that what you heard is not what I meant."

This happens in marriages on a daily basis. Words are said, but thoughts and feelings are not understood. Listening attentively is essential to understanding what the person is truly saying.

How can you find out if what you think your loved one said is really what he or she meant? The best way is to ask: "Are you saying that you want me to drop Mary off at school on my way to work?" "No, what I'm saying is that Mary does not have school tomorrow. She needs to be dropped off at my mothers. Will you be able to do that?"

"On my way to work?" "Yes." Now you can make an informed response.

Talking and listening seem so simple, yet, we see more often than not that the number one problem in marriage is lack of communication. We misunderstand each other. We read attitude into our spouse's comments that the other person most likely does not even have. One of the most helpful tactics in a marriage is to learn how to listen. As the old saying goes: We have two ears and one mouth so we can listen twice as much as we speak.

"Are you saying that you feel disappointed that I did not call you while I was away?" "Well, I think it is more 'hurt' than it is disappointment." "Please help me understand and explain your hurt." "Well I just felt like you were not thinking of me. You know how much I miss you. I guess I just want you to miss me as much as I miss you." Ask questions. Clarify meaning. That is active and genuine listening.

I wish I had asked more questions and spent more time listening to those in my life who meant the most to me. What about you, are you listening to the significant people in your life? Or, are you like me, sometimes too busy to ask clarifying questions?

Listening is a ministry. It communicates love. When you care enough to listen, you validate another person's worth. We need to make a deliberate decision to improve our ability in this important area of our daily lives. To whom do you need to listen today?

Rating your feelings is a good way to share information quickly. It is a communication technique that many couples have found helpful. When you say, "on a scale of zero to 10 how do you feel about ..." you are asking for information. The spouse can reflect and give you an accurate reading.

What if one of you is a two and the other a 10? Then one of you has an opportunity to practice real love. You now know what is meaningful to your spouse and the opportunity to make a free will decision to do what is in the best interest of someone else. Love is the commitment that gives of self.

Remember the guidance from the book of James, "be quick to listen and slow to speak and slow to become angry" is good advice you and I can live by.



Give a Shout Out!
Tell your family and friends how much you miss them.
Send a brief message to: expeditionarytimes@iraq.centcom.mil Subject line: "Shout Out"

EXPEDITIONARY TIMES

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Expeditionary Times is a command information newspaper in accordance with Army Regulation 360-1 and reviewed by the ESC G2 for security purposes.

Expeditionary Times is published weekly by the Stars and Stripes central office, with a circulation of 5,000 papers.

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

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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 and a secondary mission of providing a means for units on Joint Base Balad to disseminate command information to their audiences.

The Weekly Standard: control tobacco use

By MAJ. CHRIS MINOR
13TH ESC DETAILED INSPECTOR GENERAL



In an effort to maintain a safe and healthy environment, the Army has developed an environmental health program with the primary purpose of creating a health-enhancing atmosphere.

One focus of the program is to reduce risk from environmental exposure and encourage healthy lifestyles.

Prohibiting the use of tobacco products in the workplace is one of the purposes of this program.

The use of tobacco products is prohibited in all Department of the Army occupied workplaces except for designated smoking areas that are authorized by Department of Defense Instruction 1010.15, Smoke-Free DOD Facilities. The workplace includes any area inside a building or facility over which the DA has custody and control and where work is performed by military personnel, civilians or persons

under contract to the Army.

Furthermore, using tobacco products in military vehicles and aircraft is prohibited to include vans and buses.

It is essential that leaders at all levels ensure that this policy is adhered to by everyone in their respective organizations. Full cooperation of all commanders, supervisors, Soldiers and Army civilians is expected to ensure people are protected from the harmful effects of tobacco products.

Failure to comply with the pre-

scribed policy subjects Soldiers, Family members and civilians to a variety of penalties. The penalty depends on the nature of the violation, the status of the offender and other relevant factors. Violations of Army policies subject military personnel to a variety of administrative or disciplinary actions such as counseling or reprimand. Repeat violations can result in the removal of personnel from activities or barring them from activities such as Morale, Welfare and Recreation facilities or installations.

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Combat Stress: communication in Army, Family

By CAPT. MIKE KNIGHT
1908TH MED. DET.



Communication is vital for day-to-day operations in the Army.

It is necessary to have precise, effective communication to ensure that missions are completed without incident. The Army has perfected the art of battlefield communication to the extent that we have an entire branch dedicated to ensuring units are able to talk to one another. We have also developed brevity codes and the phonetic alphabet to guarantee that the message is sent and received without misinterpretation.

Although we have all these safeguards in place for mission readiness, we often fail to use these same basic principals

when communicating with one another or with loved ones back home. By applying some of the basic principles that we use at work to our off-duty time, we may be able to prevent fights and misunderstandings that happen because of a lack of communication.

One of the first principles that we must remember when communicating with others is to remove any possible barriers that may hinder the other person from receiving the message.

In the field, we do this by ensuring we are on the same frequency and that our antennas are not obstructed and have clear sky to transmit the message.

In garrison, we need to ensure that the conversation is taking place in a location that is conducive to exchanging information. Are there loud noises or distractions that may prevent the other person from

hearing you correctly? We also need to make sure that both people are able and willing to have the conversation at that time. As many married Soldiers can attest, the fourth quarter of a tied football game may not be the best time to talk about important events. It is often best to wait until both parties are able to engage in the conversation without distraction to avoid any "interference on the net."

Another principle that can be applied from field use is ensuring that the message that was sent was the same one that was received. In the field, we do this by having the other person repeat back important grid coordinates or information. That same technique can be used to prevent misunderstandings in garrison. By assuring that your spouse heard you correctly, or at all, one can often prevent the "I know what I said" fights that often oc-

cur when people fail to communicate effectively.

Communication isn't always about just the words being said, but also the body language and tone that is being displayed at the same time. Those are often a much larger portion of the conversation and are often forgotten. Be careful to assess not only what you are saying but the way in which you are saying it. By effectively communicating our needs and preventing misunderstandings, we become better Soldiers, leaders, friends and spouses.

If you know that you struggle with communicating effectively, try one of the 1908th Combat Stress Control's classes at the Patriot Clinic. Communication skills classes are offered Monday through Saturday at different times. Call the Patriot Clinic at 318-433-2402 to find out when a class is available.

Farewell from Expeditionary Times staff



The Expeditionary Times staff has completed its deployment at Joint Base Balad, Iraq, in support of the 13th Sustainment Command (Expeditionary). Members of the 139th Mobile Public Affairs Detachment out of Springfield, Ill., will hand over their responsibilities to the 196th Mobile Public Affairs Detachment out of Columbus, Ohio, May 9.

Many thanks to: Staff Sgt. Robert J. Strain, Staff Sgt. Matthew C. Cooley and their team with the 15th Sustainment Bri-

The outgoing staff of the Expeditionary Times (left to right, back to front): Sgt. John M. Stimac, Sgt. Ryan L. Twist, Sgt. Keith S. Vanklompberg, 1st Lt. Darrell A. Melrose (print OIC), Spc. Michael V. Camacho, Spc. Naveed Ali Shah (13th ESC), Spc. Brandy M. Oxford, Sgt. Jayson A. Hoffman, Spc. Lisa A. Cope, Maj. Raul E. Marquez (13th ESC PAO), Staff Sgt. Robert E. Fafoglia, Capt. Bradley W. Sinkler (139th MPAD commander).

gade out of Contingency Operating Base Q-West; Maj. Timothy W. Ohlhaber, Sgt. 1st Class Tad A. Browning and their team with the 36th Sustainment Brigade out of Contingency Operating Base Adder; Maj. Christopher R. Reese and his team with the 41st Infantry Brigade Combat Team out of COB Adder; Maj. Dale A. Mingleorff and his team with the 278th Armored Cavalry Regiment out of Contingency Operating Base Taji; and 1st Lt. Angela K. Fry and her team with the 256th Infantry Brigade Combat Team out of Victory Base Complex, Baghdad.

The 139th MPAD print section enjoyed the opportunity to document, photograph and print the story of the U.S. Army, the 13th ESC and, most importantly, the Soldiers on the ground accomplishing the mission. Thanks for allowing us to serve you, and thanks for all you do.

TOA: 80th Ordnance Battalion ran largest central receiving, shipping point in Iraq

TOA FROM PAGE 1

tion, which has left a mark on the entire theater," said Mohan.

Col. Larry P. Phelps, commander of the 15th Sust. Bde. and a Greenville, Ala., native, said he could not have asked for a better partner than the 80th Ord. Bn. and recognized the support they always received from the unit.

"You've completed your mission," he said. "They have left it all out on the playing field, and now they are ready for a well deserved reunion with their family, loved ones and friends."

Phelps said the 80th Ord. Bn. Soldiers made the difficult seem routine and the impossible happen frequently.

The 80th Ord. Bn. ran the largest central receiving and shipping point in theater, said Phelps, with more than 263,000 pieces of cargo equipment and pallet loads passing through JBB.

"Most importantly, your companies are disciplined and you continue to train the next generation of Army leaders," he said.

Phelps praised the transfer of authority process and said the TOA between the two units had been a brigade commander's dream.

"Your units have harmoniously and efficiently passed the battle and that (isn't) always easy," he said.

Lt. Col. Anthony P. Bohn, commander of the 13th Combat Sustainment Support Battalion, 15th Sustainment Brigade, 13th Sustainment Command (Expeditionary) and a Minneapolis native, and Command Sgt. Maj. Stanley O. Richards, senior enlisted adviser with the 13th CSSB and a Phenix City, Ala., native, uncased the battalion's colors during a transfer of authority ceremony May 1 at the Morale, Welfare and Recreation center east at Joint Base Balad, Iraq.

Phelps said the 13th CSSB will now get to write its own chapter in the history of this operation.

"It is your battalion that will see the culmination of all the efforts of Operation Provider Horizon and you have a huge workload facing you," he said.

Lt. Col. Anthony P. Bohn, commander of the 13th CSSB and a Minneapolis native, said he recognized the support he received.

"Your team did it right," he said. "I promise you and your team we will continue the reputation of world-class support that you and your Phoenix team built over these last 12 months."

Bohn said many of his Soldiers standing there had deployed 18 months ago, and were back again, ready for their next mission.

"Log warriors, the mission laid before you is historic in proportion," he said. "You hit the ground running. Today you take the reigns, and for 12 months continue this distribution fight."



HEART: Soldiers earns award for service to country

HEART FROM PAGE 1

Mansfield, Ohio, native.

King said Soldiers serve their country and push their bodies to the limit to accomplish missions despite injury.

"When Soldiers love their unit or the Soldiers that they work with enough to keep moving ... they may just put a piece of cotton there, or put a belt around their ribs to keep them in tight

so they can keep driving on with their men, with their friends – that's their buddies, that's their family," he said.

The Army tries to always recognize their service and honor their sacrifices for their country. However, King said some Soldiers carry internal wounds or injuries, and may not receive a purple heart.

"When they keep doing things like that and they don't get recognized,

then that's a loss to the Army, to the military, to the Soldiers, to history," he said.

King said injuries received during deployments still affect his daily life, but dedication to the mission and the Army have been his driving force to stay in the military and continue serving his country.

"I love the Soldiers I work around," he said. "The Soldiers are what keep

me here – it's camaraderie. It's a family."

His wife and children, as well as the Soldiers he serves with, have been sources of mental strength to push his body to finish the mission, he said.

King, now 48, has served in the Army for 16 years and has been deployed three times to Iraq and once to Afghanistan.

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Local contractors support drawdown

BY PFC. LISA A. COPE
EXPEDITIONARY TIMES STAFF

CONTINGENCY OPERATING BASE ADDER, Iraq – The Saeh Al-Sahra Group, an Iraq-based contracting company, and its subcontracted company Al Ameen, works alongside the 36th Sustainment Brigade, 13th Sustainment Command (Expeditionary) in a daily effort to transport supplies and equipment between U.S. bases throughout Iraq and assist in the upcoming responsible drawdown of forces.

The Saeh Al-Sahra Group at Contingency Operating Base Adder, Iraq, the main logistics hub in United States Division – South, has a widespread and varied mission that directly assists the responsible drawdown, said Capt. April N. Gustafson, the contracting officer representative with the 36th Sust. Bde. out of Temple, Texas, and a Killeen, Texas, native.

“(We handle) sustainment convoys, where we push all classes of supply to southern Iraq,” she said. “We have gone into the north when needed and we are going to start moving out into the west to support our units there. They are also heavily retrograding supplies through the responsible drawdown of forces.”

“We move containers and spare parts, we are helping downsize (Con-



Courtesy photo

A local national employee with The Saeh Al-Sahra Group, an Iraq-based contracting company, supervises as his truck is loaded with supplies at the Joint Distribution Center at Contingency Operating Base Adder, Iraq.

tingency Operating Location) Scania and moving (containerized housing units), barrier equipment, and T-walls, and helping move (Camp) Cedar (II). So, we have a lot of missions with the Iraqi trucking company.”

Gustafson said the company employs more than 100 local nationals from all backgrounds and regions of the country, with only one American employee and one Sudanese employee.

“They have broken every stereotype,” she said. “Everyone takes care of each other, there is no differentiating between anyone ... Everyone has the common goal of getting the mis-

sion done and supporting their family, and that is why everyone works together.”

Mahmood, a dispatcher with Al Ameen Company, said there is no animosity between workers in regards to religion or cultural differences. They all support one another regardless.

“We are all an Iraq family here,” he said.

Mahmood said he enjoys working with U.S. forces.

“I have worked with the Army since 2003,” he said. “I like to stay and work because they respect us.”

Despite the occasional language barrier, the team works well together

to complete its mission, said retired Marine Master Sgt. Palmer Malinowski, the program manager with Saeh Al-Sahra Group.

“The bridging of communication barriers with the Iraqis is probably the most difficult part of my job,” he said. “There are many times when I have a hard time learning their language and sometimes they have a hard time with English, so we miscommunicate (sic), but the job itself is very smooth. The Iraqis that work with me are great; they enjoy coming to work, they do a good job, they maintain their equipment. They really make my job easy.”

No One Shoots Alone

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

Have fun and look out for each other this summer. Do your part to protect our Band of Brothers and Sisters.

SAFE Summer

ARMY SAFE IS ARMY STRONG

BAND OF BROTHERS & SISTERS

U.S. ARMY GAMEDAY READINESS SAFETY CENTER
<https://safety.army.mil>

Joint Medical Clinic opens at Joint Base Balad

STORY AND PHOTO BY
SGT. KEITH S. VAN KLOMPENBERG
EXPEDITIONARY TIMES STAFF

JOINT BASE BALAD, Iraq – The Phipps Troop Medical Clinic merged with the Air Force Primary Care Clinic April 26, to become the Joint Medical Clinic at Joint Base Balad, Iraq.

The Joint Medical Clinic is located at the old Air Force clinic office on Pennsylvania Avenue, across the street from the Air Force Theater Hospital.

“It’s historic,” said Maj. Linda Williams, a nurse practitioner and the officer in charge of the Phipps TMC.

Williams, a Fort Riley, Kan., native, said the new clinic is the medical clinic at JBB where Soldiers and Airmen will work side by side.

“We both bring something unique to the table,” she said.

Air Force Senior Master Sgt. Nicole Owens, the Joint Medical Clinic liaison with the 332nd Expeditionary Medical Group, said the Army and Air Force services will be completely mixed at the new clinic, instead of just Soldiers helping Soldiers and Airmen helping Airmen.

“Having outstanding clinical knowledge and skills, the Army and Air Force will work side by side, treating the patients regardless of service branch,”

said Owens, a Bellevue, Mich., native.

Williams said the new clinic will utilize the theater hospital for some services, such as X-ray and radiology, services that were once provided in-house at the Phipps TMC.

“We are better utilizing available services,” she said. “The service member will still be able to get full care in a timely manner.”

The new clinic has expanded hours as well. The JMC is open from 7 a.m. to 8 p.m. Monday through Friday, and from 7 a.m. to 3 p.m. Saturday and Sunday.

Owens said the move was made in response to a Department of Defense directive to ensure a true joint operation and to allow the site of the Phipps TMC to be turned over to the Government of Iraq.

“As the base continues to responsibly draw down, we will continue to see buildings being turned over to the host nation,” she said.

Although the transition seemed to happen quickly, the merge did not occur overnight, said Sgt. 1st Class Ricky Suggs, the noncommissioned officer in charge of medical operations with the 13th Sustainment Command (Expeditionary) and a Fayetteville, N.C., native.

“Countless hours of planning (have) gone into considering how the drawdown would affect the medical capabilities and services provided before the



The Joint Medical Clinic, the first medical clinic to be staffed by both Army and Air Force providers at Joint Base Balad, Iraq, opened April 26 at JBB. The JMC replaced the Phipps Troop Medical Clinic and the Air Force Primary Care Clinic.

drawdown, and what services would be needed to maintain the standard of care currently being provided to ensure all Soldiers are properly taken care of for emergency or routine care,” he said.

Suggs said they looked at the successful drawdown of medical operations at Camp Korean Village, Iraq, and Contingency Operating Base Q-West, Iraq, as models for the transition.

The one question remaining is the

name of the clinic, Williams said.

The Phipps TMC was named after Sgt. Ivory L. Phipps, an Illinois Guardsman who died in 2004 as a result of injuries suffered from a mortar attack in Baghdad.

“We’re pushing to maintain his memorial,” she said.

Williams said she would like to see the new clinic bear the name Phipps Joint Medical Clinic, but nothing has been made official yet.

Biology students dissect frogs, cats at JBB

STORY AND PHOTO BY
SGT. JOHN STIMAC
EXPEDITIONARY TIMES STAFF

JOINT BASE BALAD, Iraq – Service members at Joint Base Balad, Iraq, traded their rifles for scalpels in April.

Distance learning students attending the University of Maryland University College at the Blackjack Education Center at JBB dissected frogs for their biology class April 22, and cats April 24.

First Lt. John Saindon, an environmental officer with the 13th Sustainment Command (Expeditionary) and a San Antonio native, has taught science at UMUC since October of 2009.

“The university had a need for teachers, so I thought I would go ahead and apply,” he said. “I went through the process, and they said I was qualified to teach certain classes.”

Saindon said the experience and opportunity to give to service members offered the greatest incentives.

“I have a skill and I want to share it with other folks,” he said. “The main thing



First Lt. John Saindon, an environmental officer with the 13th Sustainment Command (Expeditionary) and a San Antonio native, teaches students how to properly dissect a frog in a biology class at the Blackjack Education Center April 22 at Joint Base Balad, Iraq.

I want the students to get out of this is to show how animals have evolved.”

After the deployment, Saindon said he hopes to pursue a job in higher education or administration, using the experience he gained in Iraq. He said he wants to take the enjoyment and fulfillment from his job here back to the states with him.

Saindon said students are frightened of

the sciences, especially because so many have not taken science classes in years.

“I use the Army approach of crawl, walk, run,” he said. “I get everyone on the same baseline and then take it from there.”

Saindon said he tries to expose students to the animals they will dissect early on, so they can gradually step up to dissecting bigger animals.

“We start with worms, then work our way up to frogs ... all the way up to cats,” he said.

Sgt. Cannon Mangrum, a motor sergeant with Headquarters and Headquarters Company, 13th ESC and a Corsicana, Texas, native, said the class was a great experience for him.

“I’ve been taking classes here for 10 months,” he said. “There is a great opportunity here, so I might as well take advantage of it.”

Although it is not one of his favorite pastimes, Mangrum said dissecting animals is part of the class and he will do what he must.

“I ate before I came here today and I thought that might not have been a good idea,” he said. “It is not as bad as I thought.”

For the most part, everyone seems to enjoy the class and attendance is high, Saindon said.

He said juggling his everyday mission while teaching is challenging and takes a lot of commitment, but it is rewarding.

“We’re doing something with our free time and getting an education at the same time. It’s a good experience for all of us,” said Saindon.

96th Special Troops Battalion transfers Iraq mission

STORY AND PHOTO BY
SPC. NAVEED ALI SHAH
EXPEDITIONARY TIMES STAFF

AL ASAD AIR BASE, Iraq – The 96th Special Troops Battalion, 96th Sustainment Brigade, 13th Sustainment Command (Expeditionary) transferred authority to the 240th Combat Sustainment Support Battalion during a ceremony April 24 at Sentinel Theater Oasis at Al Asad Air Base, Iraq, signaling the end of the 96th STB's tour in Iraq.

The 96th STB, out of Fort Douglas, Utah, worked for 10 months to provide support to Soldiers throughout Baghdad, and later, western Iraq.

Col. C.J. Read, the 96th Sustainment Brigade commander and a Layton, Utah, native, said his Soldiers received

and distributed nearly three million cases of bottled water, 195,000 cases of meals, ready-to-eat, 12 million rounds of ammunition, and their 3,000 convoys drove more than 3 million miles.

During the unit's tour, it was first stationed at Contingency Operating Base Taji, Iraq, and later relocated to Al Asad.

"When we arrived in Taji, we were all a little unsure of the full scope (of the) mission that lie ahead," Read said. "The Soldiers have remained strong, adapted and been able to overcome anything thrown their way."

Lt. Col. Sean J. Cannon, the 96th STB commander, said he was proud of his Soldiers' accomplishments during their time in Iraq, specifically their selfless service.

"I can say without hesitation, that I'm proud to serve with you at this historic time in our nation's history," he said.



Soldiers with the 96th Special Troops Battalion, 96th Sustainment Brigade, 13th Sustainment Command (Expeditionary) and the 240th Combat Sustainment Support Battalion stand in formation during a transfer of authority ceremony April 24 at Sentinel Theater Oasis at Al Asad Air Base, Iraq, signaling the end of the 96th STB's tour in Iraq.

Georgian support unit passes torch to Texans

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

CAMP LIBERTY, Iraq – The outgoing 260th Combat Sustainment Support Battalion, 15th Sustainment Brigade, 13th Sustainment Command (Expeditionary) out of Hunter Army Airfield, Ga., transferred authority to its replacement, the 373rd Combat Sustainment Support Battalion, 15th Sust. Bde. out of Beaumont, Texas, during a ceremony in front of the battalion headquarters April 22 at Camp Liberty, Iraq.

The transfer signifies the end of the 260th's tour in Iraq and the beginning of the 373rd's, by showing the casing of the outgoing unit's colors and the uncasing of the incoming unit's colors.

Col. Larry Phelps, commander of the 15th Sust. Bde. and a Greenville, Ala., native, said he was pleased with the 260th CSSB's mission performance.

"Sitting here, in the heart of Baghdad, in the center of the storm, you have made the difficult routine and the impossible frequent," he said to



Sgt. Maj. Dwight Williams, command sergeant major of the 260th Combat Sustainment Support Battalion, 15th Sustainment Brigade, 13th Sustainment Command (Expeditionary) and a Savannah, Ga., native, and Lt. Col. Joe Dixon, the 260th's commander and a Frankfort, Ind., native, case their unit's colors during a transfer of authority ceremony with the incoming 373rd Combat Sustainment Support Battalion in front of the battalion's headquarters April 22 at Camp Liberty, Iraq.

the gathered service members.

During its deployment, the 260th Fuelmasters delivered 24 million gallons of fuel, 2,300 pallets of ammunition and more than 10 million repair parts, completed more than 16,500 maintenance work orders and 2,000

convoys, drove 2 million miles, processed 1,600 containers, recovered nearly \$60 million worth of Army property and issued more than 2.7 million rounds of ammunition, Phelps said.

Phelps praised his Soldiers' positive

attitude throughout the deployment.

Lt. Col. Joe Dixon, commander of the 260th and a Frankfort, Ind., native, congratulated his Soldiers for a job well done and expressed his confidence in the 373rd.

"Lt. Col. Giulia Giacoppe and team – we couldn't have picked a better battalion to (perform a relief in place) with," Dixon said of the 373rd's commander, a Sugarland, Texas, native.

Phelps agreed.

"(Giacoppe), your transition with (Dixon) has been exceptional, and we have already grown to trust your team," he said. "You are entering a time of even greater change. You will get through it as a team and as a family, and write your own chapter in the history of this operation."

Giacoppe said her unit would face different challenges than those of previous units, and paraphrased former President John F. Kennedy when he explained his goal of putting a man on the moon.

"We do these things not because they are easy, but because they are hard; because that goal will serve to organize and measure the best of our energies and skill; because the challenge is one we are willing to accept and one we are unwilling to postpone, and one we intend to win," she said.

Cavalry regiment protects convoys traveling out of Iraq

STORY AND PHOTO BY
SGT. JOHN STIMAC
EXPEDITIONARY TIMES STAFF

HABUR GATE, Iraq – Soldiers with 1st Platoon, G Troop, Regimental Fires Squadron, 278th Armored Cavalry Regiment, 13th Sustainment Command (Expeditionary) make weekly runs to Habur Gate, Iraq, to provide convoy security for trucks heading out of Iraq into Turkey.

They must safely and efficiently escort trucks filled with supplies and other logistical equipment from Contingency Operating Base Marez, Iraq, to Habur Gate, Iraq, and still be cognizant of the Share the Road policy, said Pfc. Jonathon M. Knight, a gunner with G Troop and a Monteagle, Tenn., native.

Knight said the policy requires convoys to leave at night, keeping U.S. presence in Iraqi cities to a minimum.

“We have to have situational awareness when we are going through Mosul at night,” he said. “I talk with the other gunners on the truck, and if I see something I’ll let my (truck commander) know and he’ll take it from there.”



Spc. Damon Clevinger, a driver with 1st Platoon, G Troop, Regimental Fires Squadron, 278th Armored Cavalry Regiment, 13th Sustainment Command (Expeditionary) and a Tullahoma, Tenn., native, and Spc. Michael Wilder, a gunner with G Troop and a Winchester, Tenn., native, attach a weapon system to a Mine-Resistant Ambush-Protected vehicle before leaving on a convoy security mission April 18 from Habur Gate, Iraq.

Another platoon generally provides route clearance before his platoon leaves for its mission, said Knight.

“It is pretty smooth once we get out into the country,” he said.

Knight said he enjoys making the

Habur Gate runs, but they are not at all what he expected.

“I expected a lot more sand,” he said. “Habur Gate is a very scenic place.”

Spc. Christine N. Hoover, a driver with G Troop and a Rockport, Texas,

native, said she is excited to go on the Habur Gate missions because they offer a change of scenery and routine.

“I’ve noticed a big difference here from my last deployment,” she said. “The Kurdistan population here is a peaceful people. Now, we are free to go out and interact with the locals.”

Hoover said as a driver she needs to be aware of pedestrians, traffic and lights flickering on and off, which is a possible sign of danger.

“We primarily drive through the night,” she said. “It seems the people here are nice and respect us a lot.”

Hoover was deployed to Marez in 2007 to 2008, and said Iraq has calmed down considerably.

“I think we have helped the Iraqi people,” she said.

Sgt. Adam Davis, a truck commander with G Troop and a Huntland, Tenn., native, said his job is to make sure communication continues throughout the mission and ensure the driver stays on the correct course.

Davis said he enjoys the time at Habur Gate.

“There is a lot of history up this way,” he said. “It definitely is a pretty place, and kind of reminds us of back home with all the grass, hills and streams.”

Iraqi Soldiers train to solve transmission troubles

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

IRAQI ARMY CAMP UR, Iraq – The Ur Logistics Training and Advisory Team with the 36th Sustainment Brigade, 13th Sustainment Command (Expeditionary) no longer makes daily trips to Iraqi Army Camp Ur.

The team is still available by request, however, to teach classes when the IA Soldiers need guidance with issues such as vehicle maintenance and repair.

Chief Warrant Officer 3 Michael J. Hoover, the officer in charge of the Ur LTAT and a Gatesville, Texas, native, taught one of these classes on transmission troubleshooting basics and throttle position sensor adjustment April 21 at Camp Ur.

The class was useful for the IA Soldiers because their M1114 up-armored Humvees routinely have shifting problems, said Hoover.

“I was trying to orient the lesson to the tools they have to do it,” he said. “I gave

them the cables to do the testing, and now they do have the ability to perform the TPS adjustment with the equipment we provided.”

Iraqi Army Maj. Nowfal Kamal Ali, the deputy commander of the Ur Iraqi Army Regional Maintenance Center and a Baghdad native, said the class will help improve the productivity and efficiency of the center.

“It was new information for (the Soldiers),” he said. “The topic of his lecture was troubleshooting problems with the engine. We fixed it a lot before, but we did not find the solution. Today, we got the solution for these problems.”

Nowfal said Hoover is an effective instructor for his Soldiers.

“He has a wide knowledge (of maintenance),” he said. “At the same time, he is in control of the behaviors and activities of his group – he is in charge.”

Nowfal said one of Hoover’s best qualities as an instructor is his ability to focus on the small details.

The class consisted of five Iraqi Soldiers who all had prior training with either the transmission or electrical system, said Hoover. The reason for such a small



Students practice their maintenance skills on an M1114 up-armored Humvee following a class taught by Chief Warrant Officer 3 Michael J. Hoover, the officer in charge of the Ur Logistics Training and Advisory Team with the 36th Sustainment Brigade, 13th Sustainment Command (Expeditionary) and a Gatesville, Texas, native, April 21 at the Regional Maintenance Center at Iraqi Army Camp Ur, Iraq.

class was to ensure participants had a firm grasp on the lesson. If they have a firm understanding of the process, they will be able to teach it to their peers, he said.

Hoover said he does not foresee a lot of these classes in the future because the RMC already has capable mechanics, and

the Ur LTAT has worked to prepare the center to stand on its own after the upcoming responsible drawdown of forces from Iraq.

“The idea of us not going out (every day) is for them to become more self-sufficient,” he said.

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Inspector general of Army visits Joint Base Balad

STORY AND PHOTO BY
SGT. KEITH S. VAN KLOMPENBERG
EXPEDITIONARY TIMES STAFF

JOINT BASE BALAD, Iraq – Lt. Gen. R. Steven Whitcomb, the inspector general of the Army, visited Soldiers April 24 at Joint Base Balad, Iraq, to thank them for their service and take their issues back to the Pentagon.

“IGs are the eyes and ears of senior leaders,” he said.

During his visit to JBB, Whitcomb visited the Task Force 38 headquarters, the Central Receiving and Shipping Point, the 2nd Squadron, 278th Armored Cavalry Regiment, 13th Sustainment Command (Expeditionary) and the Air Force Theater Hospital.

Lt. Col. Reginald Howard, the inspector general with the 13th ESC, said Whitcomb wanted to personally thank the logistics Soldiers for the sacrifices they make.

“He wanted Soldiers to feel pride in their accomplishments and know they have all played a tremendous role in this mission,” said Howard, a Crawfordville, Fla., native.

Whitcomb said service members



Lt. Gen. R. Steven Whitcomb, the inspector general of the Army, thanks Soldiers and Airmen at the Air Force Theater Hospital for their service, April 24 at Joint Base Balad, Iraq.

should be proud to be part of such a small percentage of Americans serving in the military, no matter what occupational specialty they hold.

“Don’t underestimate what your being on the ground here does for the Iraqis,” he said. “All of this contributes to the welfare of our Soldiers and to the stability of Iraq.”

Spc. Tyler R. Bloom, an intelligence analyst with Task Force 38 and a Toledo, Ohio, native, said he was impressed with Whitcomb’s sincerity.

“The biggest thing I took away from this was realizing that there are leaders out there who are actually trying to improve Soldiers’ careers in the Army, by making sure they have the proper

tools, systems and resources to successfully complete their job,” he said.

Bloom said he was proud to know the information he relayed to Whitcomb could be used to better the next generation of intelligence analysts.

At the CRSP yard, Whitcomb received a briefing on the progress of the responsible drawdown, from Soldiers with the 80th Ordnance Battalion, 15th Sustainment Brigade, 13th ESC.

Whitcomb offered his support and said he was proud of the work done by the young noncommissioned officers and lieutenants involved in the historic drawdown.

“If logistics was easy, it would be called tactics,” he said.

Whitcomb discussed the importance of training for new leaders.

“I just ask you to think about what kind of leader you are,” he said. “Don’t underestimate the importance of the standard.”

Whitcomb also stressed that the top leaders in the Army are working to eradicate military suicides, but they are helpless without NCOs stepping up to assist the lower enlisted.

“Sometimes the normal setbacks of life can be devastating,” he said. “We leaders can intervene.”

Louisiana’s Tiger Brigade assumes role in Iraq’s history

STORY AND PHOTO BY
2ND LT. ANGELA K. FRY
256TH IBCT PUBLIC AFFAIRS

CONTINGENCY OPERATING BASE ADDER, Iraq – The Louisiana Army National Guard’s 256th Infantry Brigade Combat Team, 13th Sustainment Command (Expeditionary) out of Lafayette, La., formally

assumed its role as Task Force Tiger in support of Operation Iraqi Freedom, during a transfer of authority ceremony April 9 at Contingency Operating Base Adder, Iraq.

The unit deployed to provide security for convoy escort teams during the upcoming responsible drawdown of U.S. forces and equipment from Iraq. The task force, led by Col. Jonathan T. Ball, commander of the 256th IBCT, and Command Sgt. Maj. Kenneth R. Wagner, the unit’s senior enlisted adviser, both Pineville, La., natives, uncased its colors during the ceremony to symbolize the transfer of authority from the 41st Infantry Brigade Combat Team’s Task Force Jungleer.

“For the Soldiers of the 256th Tiger

Brigade, our time is now to step up and execute the mission we have trained hard for over the past 12 months,” said Ball. “I have the utmost confidence in the Soldiers, noncommissioned officers and officers in this brigade. You are professionals in all that you do and will continue to raise the standards.”

Ball also expressed his thanks to the Oregon National Guard’s 41st IBCT for its assistance during the relief-in-place process.

“It has been my honor to work our relief in place and transfer of authority with Col. Dan Hokanson and the outstanding Soldiers of the 41st Infantry Brigade Combat Team,” he said. “Your professionalism, dedication and willingness to go the extra mile to make our TOA successful has set the standard for any brigade to emulate, and for that, I offer my heartfelt appreciation.”

Mobilized Jan. 5, the 256th spent roughly two months at Camp Shelby, Miss., conducting pre-deployment training to prepare for its new mission. Upon arrival in Iraq, the 256th Soldiers worked alongside members of the 41st to assist with the transition into their new role.

Hokanson, commander of the 41st



Louisiana National Guard Soldiers Col. Jonathan T. Ball, commander of the 256th Infantry Brigade Combat Team, 13th Sustainment Command (Expeditionary), and Command Sgt. Maj. Kenneth R. Wagner, the unit’s senior enlisted adviser, both Pineville, La., natives, uncased the unit’s colors to symbolize the transfer of authority from Oregon’s 41st Infantry Brigade Combat Team to Louisiana’s Tiger Brigade April 9 at Contingency Operating Base Adder, Iraq. This is the Tiger Brigade’s second deployment in support of Operation Iraqi Freedom.

IBCT and a Keizer, Ore., native, addressed the leadership of the 256th regarding their assigned mission.

“The honor and pride in every mission will now fall into the very capable hands of Col. Johnny Ball and Command Sgt. Maj. Kenneth Wagner and the Soldiers of the

256th Infantry Brigade Combat Team,” he said. “I know that Task Force Tiger will take their missions to the next level.

“To the Soldiers of Task Force Tiger, good luck and Godspeed. To the Soldiers of Task Force Jungleer, well done. It has been an honor to serve with you.”

Joint Base Balad hosts contract transition conference

STORY AND PHOTO BY
SGT. KEITH S. VAN KLOMPENBERG
EXPEDITIONARY TIMES STAFF

JOINT BASE BALAD, Iraq – Service members and civilian contractors came together to discuss the transition of contracts from Logistical Civilian Augmented Program III to IV, during the LOGCAP Post Award Conference April 26 to April 29 at Joint Base Balad, Iraq.

“What we’re trying to do is synchronize,” said Col. Herbert Jones with the Army Sustainment Command, the officer in charge of the Core Logistics Support Service, Theater Transportation Mission and postal operations for LOGCAP. “Any time you change contracts, there are going to be things that need to be ironed out.”

The LOGCAP contracts affect all of the life-support services for service members and civilians on every base in Iraq, said Jones, a New Kent, Va., native.

“As we’re transforming Iraq, we’re transforming many things, including our contracts,” said Col. Knowles Atchison, the deputy commander of the 13th



Col. Knowles Atchison, deputy commander of the 13th Sustainment Command (Expeditionary) and an Orrville, Ala., native, addresses service members and contractors during the Logistical Civilian Augmented Program Post Award Conference April 27 at Joint Base Balad, Iraq.

Sustainment Command (Expeditionary) and an Orrville, Ala., native.

Atchison said the LOGCAP contract needed to be changed because LOGCAP III, the current version, was based on

contingency operations. During contingency operations, a premium is paid for speed of execution, which is not as relevant today, said Atchison.

In today’s stability operations, it is

time to find a better price for services, and so the time came to update the contract, he said.

The conference allowed service members and civilian contractors to discuss outstanding issues and detail how services and paperwork will change, said Jones.

Jones said it is important for everyone involved that the contract transition goes as smoothly as possible, to prevent lapses in essential services for Soldiers and keep military operations from being affected.

“We’re here to take care of Soldiers, and there is a great deal of work that goes into that,” he said.

Jones said the conference stressed cooperation between the military and civilians. He said it was important that the transition not involve micromanagement.

“We’re not going to tell KBR, (Inc.) how to do it; we’re just going to tell them what we want done,” he said.

Atchison said the conference went smoothly, though there are still some issues that need to be addressed.

Jones said the transition from LOGCAP III to LOGCAP IV is on schedule to meet the Sept. 1 deadline.

96th Sustainment Brigade ends Iraq mission at Al Asad

STORY AND PHOTO BY
SPC. NAVEED ALI SHAH
EXPEDITIONARY TIMES STAFF

AL ASAD AIR BASE, Iraq – The 96th Sustainment Brigade, 13th Sustainment Command (Expeditionary) ended its mission during a ceremony April 24 at Al Asad Air Base, Iraq.

The ceremony marked the end of a six-month deployment for the 96th Sust. Bde. out of Fort Douglas, Utah.

Brig. Gen. Paul L. Wentz, the commanding general of the 13th ESC out of Fort Hood, Texas, was present along with the 96th Sust. Bde. commander, Col. C.J. Read, a Layton, Utah, native.

“Back in July 2006, the 96th began a long journey to (Contingency Operating Base) Taji, Iraq,” said Read. “However, we all know the journey really began months before mobilizing to Iraq. We have taken Soldiers from more than 30 different states and joined them together with those organic to the 96th to form a solid team.”

During their tour in Iraq, the 96th Sust. Bde. Deadeyes supported five battalions totaling more than 4,000 Soldiers throughout the country, Read said.

Read said the 96th turned in more than \$800 million worth of excess equipment, processed more than \$2 billion worth of equipment through the property book and maintenance sections of the brigade logistics office, and disbursed more than \$800 million in cash to Soldiers and civilians through its finance offices.

The brigade also completed more than 3,000 convoy missions, driving more than 3,000,000 miles, said Read.

“Though our focus of mission had changed multiple times, the Soldiers of the 96th ... from more than 30 different states, came together and formed a solid team,” he said. “We have seen and done a lot together and through it all, the Deadeyes remained strong, adapted and overcame anything thrown their way.”

Additionally, 17 Deadeye Soldiers became citizens while deployed, he said, during two naturalization ceremonies at Al Faw Palace in Baghdad.

Command Sgt. Maj. Vicki Briggs, the senior enlisted adviser with the 96th and a Roy, Utah, native, said she was privileged and honored to work with the 96th Soldiers.

“They met every challenge thrown their way and executed their mission flawlessly,” she said.

After assuming responsibility



Col. C. J. Read, commander of the 96th Sustainment Brigade, 13th Sustainment Command (Expeditionary) and a Layton, Utah, native, and Command Sgt. Maj. Vicki Briggs, the unit’s senior enlisted adviser and a Roy, Utah, native, case the unit’s colors during an end of mission ceremony April 24 at Al Asad Air Base, Iraq.

for sustainment operations at and around Taji Oct. 14, the 96th Sust. Bde. moved to Al Asad Air Base Feb. 4, said Read.

“We covered all of the Baghdad area and the west,” he said. “With the drawdown, we ended up moving to Al Asad and having responsibility for the west.”

Despite the challenge, the 96th finished strong, said Wentz, a Mansfield, Ohio, native.

“I’m honored and proud to have served with each and every one of you, and your nation is proud of you as well,” he said.

Spc. Michael Gault contributed to this report.

Task Force Geronimo steps up to deployment mission

Louisiana cavalry squadron provides security in Iraq

STORY AND PHOTO BY
2ND LT. ANGELA K. FRY
256TH IBCT PUBLIC AFFAIRS

CONTINGENCY OPERATING BASE ADDER, Iraq – The Louisiana Army National Guard's 2nd Squadron, 108th Cavalry Regiment out of Shreveport, La., assumed its role as Task Force Geronimo April 8 at Contingency Operating Base Adder, Iraq.



The task force, commanded by Lt. Col. William Rachal, a Breaux Bridge, La., native, and Command Sgt. Maj. Albert Vanzant, the unit's senior enlisted adviser and a Campti, La., native, uncased its colors to symbolize the transfer of authority from Oregon's 2nd Battalion, 162nd Infantry Regiment, 41st Infantry Brigade Combat Team to the Louisiana cavalry squadron, which deployed with the 256th Infantry Brigade Combat Team, 13th Sustainment Command (Expeditionary).

The unit provides convoy escort teams for security during the upcoming responsible drawdown of U.S. forces and equipment from Iraq.

"Our troopers are motivated and

ready to assume our convoy security missions," Rachal said. "Throughout the TOA process, our troopers have worked side by side with 2/162, benefiting greatly from the wealth of experience they have obtained over the past eight months in theater."

Rachal continued by explaining the importance of putting to practical use the experience the Oregon unit has gained during its deployment.

"Our counterparts have far exceeded my expectations during this process," he said. "Their professionalism and diligence, which has been evident by the success they have achieved, have exerted a positive influence on our ability to transition to the left seat and begin our mission with confidence."

Mobilized Jan. 5, the 2/108th spent roughly two months at Camp Shelby, Miss., conducting pre-deployment training to prepare for its new mission. After their arrival in Iraq, the unit's Soldiers worked alongside members of the 2/162 to assist with the transition into their new role.

"I am pleased with our level of flexibility in the squadron," Rachal said. "Over the past year, we have conducted training on our warrior tasks and battle drills at home station, Camp Beauregard in Pineville, La., and Camp

Minden (in Minden, La.), while sending numerous troopers to schools to obtain individual proficiency."

Col. Dan Hokanson, commander of the 41st IBCT and a Keizer, Ore., native, addressed his 2/162 Task Force Volunteer Soldiers formally for the final time in Iraq.

"Over the past 12 months, the Soldiers of Task Force Volunteer established they would not only be the first to assemble, but they would also take the lead," he said. "Today, as they transfer authority, there are many areas they led to reflect on, from their direct support convoy security missions and the defense of (Convoy Support Center) Sca-



National Guard Soldiers with 2nd Squadron, 108th Cavalry Regiment out of Shreveport, La., 256th Infantry Brigade Combat Team, 13th Sustainment Command (Expeditionary) and Oregon's 2nd Battalion, 162nd Infantry Regiment out of Springfield, Ore., 41st Infantry Brigade Combat Team salute the flag during the playing of the national anthem April 8 at Contingency Operating Base Adder, Iraq. The Soldiers participated in a formal transfer of authority ceremony as the cavalry squadron accepted their mission from the 2/162nd in support of Operation Iraqi Freedom.

nia, to their numerous civil-military operations.

"When called upon, they were the first to assemble, and they succeeded at every task they were given."

Virginia Soldiers compete in Boston Marathon at Adder

STORY AND PHOTO BY
1ST LT. PATRICK WILSON
256TH IBCT PUBLIC AFFAIRS

CONTINGENCY OPERATING BASE ADDER, Iraq – Three Soldiers deployed in support of Operation Iraqi Freedom with 1st Battalion, 116th Infantry Regiment, 256th Infantry Brigade Combat Team, 13th Sustainment Command (Expeditionary) out of Lynchburg, Va., took part in an official Boston Marathon race April 19 at Contingency Operating Base Adder, Iraq.

The 26.2-mile route took the runners past the Ziggurat of Ur, a 4,000-year-old monument near the perimeter of the base in southern Iraq.

Nearly 100 volunteers helped with the race, which was hosted by Adder's garrison command. A total of 296 runners completed the race, including those who ran a half marathon, the full marathon and those

who competed as part of a team.

The 1/116th was represented by brothers, Spcs. Eskinder and Solomon Zemene, Alexandria, Va., natives, and Sgt. Timothy Williams, a Sterling, Va., native, all assigned to the battalion's B Company.

Capt. Heath Phillips, B Co. commander and an Elkton, Va., native, praised his Soldiers' hard work.

"It's a great accomplishment for these Soldiers and we are very proud of the way they represented B Company and the entire battalion," he said. "Williams is the consummate infantryman and just crazy enough to try something like that, and it does



Virginia National Guard Soldiers Spc. Solomon Zemene, a B Company vehicle driver, Sgt. Timothy Williams, a B Co. convoy truck commander, and Spc. Eskinder Zemene, a B Co. gunner, participated in an officially sanctioned Boston Marathon April 19 at Contingency Operating Base Adder, Iraq. The Soldiers are deployed with 1st Battalion, 116th Infantry Regiment, 256th Infantry Brigade Combat Team, 13th Sustainment Command (Expeditionary) in support of Operation Iraqi Freedom.

inspire our troops."

Solomon Zemene, a convoy vehicle driver, led the field in his age group by finishing in 3 hours, 36 minutes. His brother Eskinder Zemene, a convoy gunner, came in not far behind at

4 hours, 9 seconds.

Williams, who is deployed as a convoy truck commander, said he had a different goal in mind when he decided to enter the event.

"I wanted to do something out of the ordinary," he said. "As a noncommissioned officer, I know we have to lead the way and set an example."

Williams completed the entire 26.2-mile course carrying his loaded assault pack and M4 assault rifle, the only participant to do so.

The annual event, which was first run at COB Adder in 2005, is officially sanctioned by the Boston Athletic Association. All participants in Iraq receive official race jerseys identical to those worn by runners in Boston, and medals if they finish the race.

The Soldiers also received a certificate from the BAA for an automatic entry in a future Boston Marathon.

Williams said he does not think he will make the trip to Boston next year, but the Zemene brothers expressed excitement at the prospect of running in 2011.

Medics provide healthcare to local population



Spc. Travis A. Dykstra, a medic with the 1073rd Support Maintenance Company, 278th Armored Cavalry Regiment, 13th Sustainment Command (Expeditionary) and a Middletown, Mich., native, inspects the medical equipment and supplies he keeps in his medical bag, which he uses on a daily basis to treat the local nationals, April 28 at Joint Base Balad, Iraq.

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

JOINT BASE BALAD, Iraq – Medics with the 1073rd Support Maintenance Company partner with the 532nd Expeditionary Security Forces Squadron on a daily basis, to conduct counter-insurgency operations designed to improve relations with the local population near Joint Base Balad, Iraq.

Spc. Travis A. Dykstra, a medic with the 1073rd SMC, 278th Armored Cavalry Regiment, 13th Sustainment Command (Expeditionary) and a Middletown, Mich., native, works with the Air Force unit on COIN operations, and said the team uses Army medics because the training they receive is designed for field missions.

“Air Force (medics) are trained for clinical (operations), whereas we are designated combat medics and trained for outside the wire” he said.

Dykstra said the medics act as part of the squad until medical attention is requested for one of the local nationals.

“Primarily, we are just riflemen along with (the squad) until someone needs a medic,” he said.

Air Force Tech. Sgt. Brian R. Curtis, a squad leader with the 532nd ESFS, 332nd Air Expeditionary Wing and a Stillwater, Kan., native, said the Army medics perform a vital role in his unit’s interaction with the local population.

“Our most important job is to dominate the space out there to prevent (indirect fire) and (improvised explosive device) attacks,” he said. “Another important part of the job is the COIN operations, getting to know the locals. ... (Winning) the hearts and minds is very important.”

Curtis said he knows from personal experience that the efforts of the medics have made a real, positive change in the area.

“There have been several times when

actual (Iraqis) have told me to my face that the things that we are doing, talking about what the medics are doing, changed their minds about how they feel about Coalition forces,” he said.

Dystra said working with the local population has changed his perception of the Iraqis as well.

“When I got here I had completely different thoughts about the Iraqi people, and actually getting the opportunity to work with them, and on them, it has really changed my perspective,” he said.

Spc. Cathi Bishop, the senior medic with the 1073rd SMC and a Wayne, Mich., native, said she treats a wide variety of ailments while out with the 532nd ESFS. The main issues she sees are common childhood illnesses such as chicken pox, or skin disorders such as eczema, she said.

Bishop is also in charge of ordering medical supplies for the 532nd ESFS. She said she tries to keep the basic medical necessities plentiful so she can distribute them to the Iraqis, because sometimes the solution can be as simple as a band-aid.

Bishop said her favorite part of the job is simply getting the opportunity to interact with the local population and make a difference in their lives.

“The best part is just going outside the wire and meeting the local nationals,” she said.

Bishop also said her gender offers her an advantage as a medic, because it is easier for the local female population to approach her with a medical issue.

Curtis said he really appreciates that the medics working with his unit care about the patients they treat.

“Every one of (the patients) are very appreciative (of the medics) because they see that they care about the people,” he said. “That means a lot because, in this culture, in the Iraqi culture, they look at the (expressions) on people’s faces; not just what they are saying, but how they are saying it. When they see someone who really cares about their job, cares about the kids ... it means a lot more to them.”



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80th Ordnance Battalion holds third combatives tournament

STORY AND PHOTO BY
SGT. RYAN TWIST
EXPEDITIONARY TIMES STAFF

JOINT BASE BALAD, Iraq – The 80th Ordnance Battalion out of Fort Lewis, Wash., sponsored the Phoenix Support Combatives Tournament April 24 at Morale, Welfare and Recreation east at Joint Base Balad, Iraq.



Although 112 signed up, 87 Soldiers, Sailors and Airmen weighed in and competed in the third tournament sponsored by the 80th, said Chief Warrant Officer 2 Richard C. Mantooth, the JBB corps storage area accountable officer with the 63rd Ordnance Company, 80th Ord. Bn., 15th Sustainment Brigade, 13th Sustainment Command (Expeditionary).

Mantooth, a level four instructor of Modern Army Combatives and a Biloxi, Miss., native, said the event was the second tournament the 63rd Ord. Co. hosted.

Fighters traveled from other bases to compete, said Mantooth. The event offered service members a chance to vary their routine and eliminate some monotony from day-to-day operations, he said.

Spc. Billy C. Avery, a supply specialist with the 63rd Ord. Co., placed fourth in the Cruiserweight division. This was his second competition at JBB.

“I did a lot better compared to my first match in the last tournament,” he said.

Avery, a Pennington, Texas, native, who is level one combatives certified, said he lost in the first round of the last tournament. Since then, he said he has worked to better himself, and participated in this tournament to test his progress.

Mantooth, who studies Brazilian Jiu-Jitsu, Muay Thai and boxing, said the biggest difference between the tournaments was the physical striking in the semi-final and final rounds, including open-hand slaps to the face, fist punches to the body and authorized leg kicks.

“When you start adding striking to



Spc. Billy C. Avery, a supply specialist with the 63rd Ordnance Company out of Fort Lewis, Wash., 80th Ordnance Battalion, 15th Sustainment Brigade, 13th Sustainment Command (Expeditionary) and a Pennington, Texas, native, competes against Air Force Airman 1st Class Keli M. Manglona, an aircraft armament systems specialist with the 57th Aircraft Maintenance Squadron out of Nellis Air Force Base, Las Vegas and a Tinian, Guam, native, April 24 in the Cruiserweight division of the 80th Ord. Bn. Project Phoenix Combatives Tournament at Joint Base Balad, Iraq.

it, it definitely changes the way somebody responds on the ground, especially in combat,” he said.

Pfc. Ismael Roman, a heavy equipment operator with the 37th Engineer Battalion out of Fort Bragg, N.C., 36th Engineer Brigade and an Arecibo, Puerto Rico, native, said he participated in all three tournaments and was excited to hear about this one.

“I am a fan of MMA, which is mixed martial arts, and I follow it,” he said. “When I knew they were doing a combatives tournament, I jumped on it right away.”

Roman, who won the Welterweight division, said he is level one certified for combatives and also studies judo.

“I think this was the best one, since the competition was pretty good and

all the guys fighting were good,” he said. “The other tournaments were smaller compared to this one, with not as many participants.”

Mantooth said he thought the event went well.

“We had a packed house,” he said. “People were standing, squatting, fighting for seats and it stayed that way throughout the day. We kept the gym packed.”

During the last tournament, he said he saw a great amount of technique and was pleased with the strikes, but was more impressed by the competitors who participated.

“The most impressive thing I (saw) was the 3/2 Stryker Brigade team that came out from Fort Lewis, stationed at Warhorse,” he said. “Most of these guys just came off of a patrol mission.

... They haven’t slept and they came in here, competed and won the team competition. That was pretty impressive.”

To give service members a chance to compete, to watch them learn and then teach their skills to other service members – those are the fruits of labor for program instructors and competition coordinators, said Mantooth.

“We give these guys an opportunity to be champions, to showcase their skills,” he said. “It goes to show you that even though we are over here in Iraq, thousands and thousands of miles away, we’re still trying to bring Soldiers together, compete and have fun and try to bring the best out of one another. That’s really what these tournaments are about.”

SHOUT OUT!!!

Contact the Expeditionary Times for more information.

E-mail: escpao@iraq.centcom.mil

Force protection uniform postures

	IBA	Kevlar	Uniform	Conduct PT
U1 	<p>Accessible within 10 minutes.</p>	<p>Accessible within 10 minutes.</p>	<p>DCU/ACU/ service equivalent. PT uniform allowed for PT or off duty and can be worn in DFAC/PX.</p>	<p>No restrictions.</p>
U2 	<p>Worn when outdoors for specified time or event.</p>	<p>Worn when outdoors for specified time or event.</p>	<p>DCU/ACU/ service equivalent. PT uniform allowed for PT only and cannot be worn in DFAC/PX.</p>	<p>Restriction: PT only in hardened facilities. Can run with IBA and Kevlar.</p>
U3 	<p>Worn outside hardened facility.</p>	<p>Worn outside hardened facility.</p>	<p>Same as U2. DCU/ACU/ service equivalent. PT uniform allowed for PT only and cannot be worn in DFAC/PX.</p>	<p>Restriction: PT only in hardened facilities. Can run with IBA and Kevlar.</p>
U4 	<p>Worn.</p>	<p>Worn.</p>	<p>Same as U3, but with ballistic goggles and combat earplugs.</p>	<p>Not authorized.</p>

Registered nurse preps Soldiers to save lives

STORY AND PHOTO BY
SGT. RYAN TWIST
EXPEDITIONARY TIMES STAFF

CAMP LIBERTY, Iraq – Every week, Soldiers with the 260th Combat Sustainment Support Battalion learn lifesaving skills from a truck driver.

Sgt. Sarah R. Christenson, a Combat Lifesaver instructor with the 445th Transportation Company out of Waterloo, Iowa, 260th CSSB, 15th Sustainment Brigade, 13th Sustainment Command (Expeditionary), said she was a registered nurse as a civilian and a truck driver for the Army, but was certified to teach the CLS Course in Iraq in October.

“I am a certified registered nurse on the civilian side,” said Christenson, a Jefferson, S.D., native. “They asked who had a medical background because (it is) a requirement to teach CLS.”

Staff Sgt. Jeffrey J. Haley, the battalion contracting officers’ representative with the 812th Quartermaster Company out of Harlingen, Texas, 260th CSSB, 15th Sust. Bde., 13th ESC and a Mason, Texas, native, was a student of Christenson’s and praised her experience.

“It helped out a lot, especially in the classroom,” he said. “You could see where she had a passion for it, where she really wanted to teach us, as if maybe we were going to save her life one day.”

Christenson said she worked hard to ensure she was the best person to teach the 15th Sust. Bde. how to save lives on the battlefield. Her course allows them

to certify, refresh and recertify in CLS skills as needed.

The classes average 15 to 20 Soldiers, said Christenson. Thus far, she said she has helped instruct 21 certification classes and 30 recertification classes. This has helped three units under the 260th CSSB maintain a 100 percent certification rate, and ensured no unit fell below 90 percent certification.

“I like it,” she said. “I chose to be a nurse on the civilian side, and on the Army side, I am planning on doing (a career in the medical field).”

Haley said Christenson brought her experience with her.

“She brought examples of what she has seen in the outside world,” he said.

Christenson’s experiences were not limited to the Army, Haley said. In class, a student asked about child abuse and Christenson provided insight.

“You never know what you’re going to run into once you go outside the wire,” he said. “They may get used to dealing with their buddies or adults, but that training brought in the kid aspect.”

Haley said Christenson did not change the course, but added to it.

“A lot of it is a refresher, but she hit on some other parts rather than the same medical (information) that you go over and over,” he said.

Having a passionate instructor allows Soldiers to take the lesson more seriously and still have fun with it, said Haley.

“When she is interested in it, then it makes us interested in it,” he said. “You get those instructors who stand up there and go through the motions and the power points and just want to get it done. She got a lot more in depth and



Sgt. Sarah R. Christenson, a Combat Lifesaver instructor with the 445th Transportation Company out of Waterloo, Iowa, 260th Combat Sustainment Supply Battalion, 15th Sustainment Brigade, 13th Sustainment Command (Expeditionary), observes Warrant Officer William Wilkins, the officer in charge of electronics with the 260th CSSB and a Henrico, N.C., native, as he prepares to give an IV during a CLS Course at Camp Liberty, Iraq.

really emphasized the main points. It seemed like people learned a lot better from it.”

Christenson said she has been in the medical field for 12 years, starting at a nursing home. Most of her family works in the medical field as well.

“I have been in the medical field since I was 14 years old,” she said. “It is easy for me to talk to people about medicine because it is my passion in life.”

Christenson said she enjoys the opportunity to teach Soldiers.

“I think everybody needs that general

baseline knowledge,” she said. “It’s so important to me because I don’t want a Soldier coming back saying, ‘I couldn’t do it because no one told me (how).’”

Christenson said she first realized she was making a difference when a Soldier who had taken her class came back and told her that he had used what she taught him.

“I’m not worried about saving anybody else’s life, because I know that I can,” she said. “I’m worried about everybody else, if I’m the one hurt. That is why I do what I do.”

Brokedown Cadillac, Hooters girls ‘Let Freedom Wing’

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

CONTINGENCY OPERATING BASE ADDER, Iraq – Country band Brokedown Cadillac, comedian Andy Lauer and three Hooters calendar girls performed April 23 at the Big Top at Contingency Operating Base Adder, Iraq.

Due to bad weather, the group was grounded in Adder for about three days of its 10-day tour, but rather than let the weather ruin the fun, the performers did an extra show for service members.

Corri English, lead singer with Brokedown Cadillac and an Atlanta native, said she knows how important this type of show can be for the morale of deployed troops.

“Almost every male in my family is

a service member or a Veteran, so it is something that from the beginning of the band we wanted to do,” she said.

This was Brokedown Cadillac’s second trip to Iraq, and English said she hopes to return soon for a third tour.

Spc. Benjamin R. Potratz, the non-commissioned officer in charge of civil military operations with the 36th Sustainment Brigade, 13th Sustainment Command (Expeditionary) and a New Berlin, Wis., native, attended the April 23 concert and said he appreciates the effort involved in putting on an overseas show.

“I really enjoyed the show,” he said. “We do not get many acts around here, and anyone who is willing to travel half-way around the world for us is definitely worth going to see. It was a great experience.”

Potratz said the performers made the service members a part of the show.

“My favorite part was probably the

interaction that the band and the comedian had with the Soldiers, bringing them on stage and kind of making them a part of the show,” he said. “It was definitely something different and fun to watch.”

Raechel Holtgrave, Miss Hooters International 2009 and a Highland, Ill., native, was one of three Hooters calendar girls who went on the 10-day tour. This was Holtgrave’s second Hooters ‘Let Freedom Wing’ tour.

Holtgrave said she enjoyed the opportunity to learn more about the conditions service members live in while deployed.

“We just wanted to come over and thank the men and women who serve our country,” she said. “In the states, obviously everyone is really proud of the Soldiers, but you get a different idea of what they do and how much they do for us when they are over here. I would come back again in a heartbeat.”



Raechel Holtgrave, Miss Hooters International 2009 and a Highland, Ill., native, dances with a Soldier during the Brokedown Cadillac concert April 23 at the Big Top at Contingency Operating Base Adder, Iraq.

Army's first Buddhist chaplain visits Adder

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

CONTINGENCY OPERATING BASE
ADDER, Iraq – Roughly a dozen Soldiers and civilians at Contingency Operating Base Adder, Iraq, met the Army's first Buddhist chaplain April 13.

First Lt. Thomas Dyer, a Buddhist chaplain with the Tennessee National Guard's 287th Armored Cavalry Regiment out of Memphis, Tenn, 13th Sustainment Command (Expeditionary), wore a traditional brown robe, in a chapel filled with the smell of burning incense to provide Buddhist services to the group.

Dyer, a Memphis, Tenn., native, started the Buddhist service with two rings of a bell. The Soldiers and other attendees then sat in meditation for 10 minutes. At the end of the meditation, Dyer rang the bell twice and continued with traditional Buddhist teachings.

Sgt. Roy Davenport, a computer accounts manager with the 36th Sustainment Brigade and a Killeen, Texas, native, said Dyer provided the kind of service he always looked for.

"This is where I belong," he said. "I have a very strong suspicion, or belief, that this is the path I should follow."

Davenport said the service gave him an opportunity to learn about the Buddhist faith through meditation and awareness of the senses.

"It gives time for contemplation," he said, "and in the meditation of the senses, on the eyes, the ears, the nose, the tongue, the mind and the body ... It's about learning to do the practice."

Staff Sgt. Jarrod McCandless, an automated logistics specialist with the 36th Sust. Bde., 13th ESC and a Brownwood, Texas, native, said he became a Buddhist during this deployment and had been in contact with Dyer for several months. After Dyer came to Iraq, McCandless put in a request to have him visit Adder to perform a traditional Buddhist service.

"The service was very nice," he said. "It was still kind of new to me, but it was similar to what I had read. I also got to learn firsthand some things that once I get back and find a place to go to, I won't walk in there and do something out of ignorance to disrespect them."

Dyer said many Buddhist lineages will not practice without a teacher present. By becoming a Buddhist chaplain, he said he made an impact by letting Soldiers know they are represented now and may practice their faith.

Dyer said he became a Buddhist chaplain May 14, 2008, and praised a fellow chaplain for helping him do so.



First Lt. Thomas Dyer, the Army's first Buddhist chaplain, with the Tennessee National Guard's 287th Armored Cavalry Regiment out of Memphis, Tenn, 13th Sustainment Command (Expeditionary) and a Memphis, Tenn., native, conducts a Buddhist service April 13 for Soldiers at Contingency Operating Base Adder, Iraq.

"He had an understanding that this was going to be an important event for the Tennessee National Guard, the Army, and in American culture," he said. "He had a sense that there were a lot of Soldiers that were not being represented, and how this opportunity was arising."

Dyer said this has allowed him to travel from base to base, providing First Amendment rights to Buddhist Soldiers. He said he also got an idea of the number of Buddhist Soldiers in the Army.

"What we are finding is, there are many more than we thought," he said.

For the Soldiers attending, it enabled them to practice their Buddhist faith. For those Soldiers that were not Buddhist, it allowed them to learn more about traditional Buddhist teachings and discover for themselves if what they experienced fit their needs for spiritual growth.

McCandless said the experience was new to him, and he is still trying to pick up little nuances that he had not noticed before.

"I'm still speaking with the chaplain; we talk at least once a week," he said. "He has been very helpful for any questions that I have, and he has helped point me in the right direction, to where to go once I get back to the states."

Dyer said although he is a Buddhist,

he is an Army chaplain first.

"I am a chaplain and I am a Buddhist chaplain," he said. "When we are working with Soldiers, we must be a chaplain first and then our faith group is second."

Dyer said since he has come to Iraq, his role has changed from providing support only to his battalion, to also providing a low-density ministry throughout Iraq for Buddhists.

"I see Buddhism being a major movement in the military," he said. "I believe that the Army reflects current trends in culture because the Army draws from general populations everywhere."

Buddhism has proven to be an emerging phenomenon in American culture, said Dyer.

"I suspect that, in 10 years, Buddhism, Buddhist chaplains and Buddhist services will be as common as any other service or practice," he said.

Although religion is constitutionally protected, people stereotype others out of ignorance and, in some instances, McCandless said he has seen Soldiers react both positively and negatively to Buddhism.

"People are so attached to their faith that there is going to be some prejudice," he said. "It's just human nature."

Dyer, who has a Christian wife and is a father of two, said he and his wife

decided to raise their children as Christians.

"Buddhism is my path," he said. "Buddhism, if it is truly a spiritual practice, must be one's own path."

McCandless said his faith is personal, and he realizes that returning from Iraq as a Buddhist may have an effect on his family.

"I have always thought it was a very personal issue, meaning that I'm not going to sit there and try to convince somebody that my thinking or my beliefs are right," he said. "They are right for me. I won't force the knowledge onto my kids. I'm going to try to set an example, and if they have questions for me or ask me why do I do this, or why am I like that, then I can gently work that in. It's not something I'm going to go home to and say, 'Well, I'm Buddhist and you're going to grow up Buddhist, too.'"

Dyer said religious practices are being expanded in the military, leaving no room for judgment. He said Buddhism is a well-established religion, with 2,500 years of proving its worth and well-being to people as proof.

"The Soldier needs the opportunity to practice; they do not need to (fear) any reprisals or anything negative because of their religious practice," he said. "The entire Chaplain Corps needs to support this, and by and large it does."

Career disruption stress: Part II



**"The Stress Doc"
Mark Gorkin**

Part one of this two-part essay focused on my format for illustrating the concept of letting go during a 20-minute after dinner keynote for the career transition and support group, Forty Plus.

I reviewed both the dynamics and dangers of not being able to let go: "If you have invested so much time, money and ego in one right person or position, and you can't step back and gain a new perspective, then you are setting in motion the erosive spiral. That is, the groundwork is being laid for apathy, callousness and despair, my phrase for the burnout process."

I also outlined six key psycho-social tasks and tools for managing loss and change. And finally, the essay fleshed out three psycho-social meanings-manifestations of letting go:

1. Emotional acceptance and open-mindedness. Typically, it signifies cognitive-emotional acceptance that a desired position, person, objective or dream is not going to materialize or not going to play out as you had hoped. You are no longer trying to control or compel another person or a particular outcome. After a period of emotional catharsis, if not soul searching, sometimes encouraged by venting to a third party, other times facilitated by confronting an antagonist, one is prepared to consider a new line of thinking or a different course of action.

2. Personal defeat and defensiveness. For many, letting go is a personal loss, such as a loss of position or property, which can lead to a confounding or humiliating loss of identity, power and prestige. When experiencing a loss of personal security or sense of control, not surprisingly, people will hold on. Some will cling even if holding on is now holding them back or having them stuck in a hole. Remember, harboring a feeling of injury or victimhood may not just leave a bitter taste in the mouth. An inability to let go often sets the stage for chronic anger and resentment transmuting into holier-than-

thou self-righteousness.

3. Precursor to losing control. Finally, for people not comfortable with facing and sorting out strong emotions or for folks having a low "out of control" threshold, there is a palpable fear about letting go, and engaging with their vulnerability: Once the floodgates are open, they will be inundated by and may ultimately drown in those unstoppable, convulsing waves of emotion.

The remainder of the first article (and a story shared with dinner guests) focused on a dangerous turn of events in my father's mid-career path – organized crime came pounding on the door of his place of work. He was forced to look elsewhere for employment, a dramatic instance of corporate reorganization or what I called frightsizing.

Confronting your intimate fear of exposure: concept and exercise

Examining the above letting go list, I believe one more dynamic deserves our attention:

4. Willingness to risk, reveal and explore. In contrast to number three above, our final conception of letting go means giving up a significant degree of order or control, but without feeling helplessly out of control. In fact, this degree of freedom is usually predicated upon a basic feeling of safety and sufficient trust, if not a sense of confidence and competence. This inner strength is often built on trial and error learning. In fact, a key ingredient in this exploratory position is a willingness to be less than perfect and to also appear awkward, be wrong or even "fail." Of course, especially when faced with significant uncertainty, you may jump in aware of the risk and wary enough to hold back. Sometimes, when you really have that sense of relaxed attention and flexible focus, letting go means going with your own energy and the group flow.

Actually, the final third of the after-dinner presentation in surprising fashion brought to life the notion of letting go as a willingness to take a social risk. More specifically, I challenged the attendees to let down a professional persona and share their imperfect humanity through a group exercise. I asked them to share an embarrassing moment.

The tables of eight seemed to spontaneously divide into two or three clus-

ters. After the initial surprise and silence, the room quickly was abuzz with energy, intimate huddling and charged body language, dramatic gestures, along with frequent bursts of laughter. One story seemingly inspired another. "That was good. Now let me tell you about the time ..."

I suspect the group was ready to engage quickly with the exercise because small group problem solving is a staple of the Forty Plus experience, though non-Forty Plus members were also in attendance. Also, a number of people had heard me before. They knew to expect the quirky and unexpected when I present.

Finally, the opening material on the dangers of not letting go and dealing with loss and change created a poignant tension in the room and people were ready to break it.

Benefits of confronting your intimate FOE

Now, consider these five benefits of transforming fear of exposure into the fun of embarrassment:

1. Engage in rapid and risky, intimate and mutual sharing. Revealing an embarrassing moment quickly affirms our mutual humanity, despite age and gender, ethnic and cultural differences, etc. Letting down, if not letting go of, your professional or have it all together mask often helps others reach out to you and frees them to also risk sharing.

2. Accept our imperfections. Such group sharing, especially with an empathic audience, helps people realize they are not uniquely awkward, dumb, clueless, etc. You are with folks who not only have "walked in your shoes," but likely have had similar bunions. The sharing of flaws and foibles often builds a bridge between humanity and humor.

As the great disability pioneer and humanitarian Helen Keller said, "The world is so full of care and sorrow, it is a gracious debt we owe one another to discover the bright crystals of delight hidden in somber circumstances and irksome tasks."

3. Embellish your story. During post-exercise analysis, participants frequently confirm that once into the story-telling, it was not hard to add, if not exaggerate details, making the experience a bit larger than life. Memory

is not absolute or fixed; the more we share a story, especially a retelling that allows for a manageable level of emotional catharsis, the greater the potential for perceiving the past from a renewed, less burdensome perspective. Once half empty, that proverbial looking glass may become half full.

4. Affirm courage and mastery. Actually, such public revelation helps make the incident in hindsight seem smaller, less scary or less embarrassing. By seeing some humor in the situation or not taking the awkward moment personally – perhaps finally realizing there were elements out of your control – you are confirming psychiatrist Ernst Kris' sage observation.

"What was once feared and is now mastered is laughed at."

And as I inverted, "What was once feared and is now laughed at is no longer a master."

5. Be an accessible, self-effacing and spirited leader. The best leaders understand that you don't only command by dazzling people from the mountaintop. Coming back down to earth, sharing your flaws and foibles not only confirms your humanity and courage but makes you an individual that people both can relate to and respect. Sharing a laugh at your own expense may also prove a wise and confident investment. It's a feisty strategy for deflecting those critical slings and arrows. I can make fun of myself better than you ever could.

Mark Gorkin, LICSW, "The Stress Doc"™, is an acclaimed keynote and kick-off speaker, training/organizational development and team building consultant, psychotherapist and "motivational humorist." He is the author of "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, Gorkin 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 Gorkin's speaking and training programs and products, e-mail 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." 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.

TELL YOUR FAMILY AND FRIENDS HOW MUCH YOU MISS THEM

E-mail: escpao@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

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

Last week's answers

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

TEST YOUR KNOWLEDGE

- Who was the first president to appear on a U.S. coin?
- Who was the first U.S. president to adopt the informal version of his first name?
- Who did Abraham Lincoln promote to major general of volunteers after he captured Fort Henry and Fort Donelson?
- What U.S. vice president was once wanted for murder in New Jersey?
- What war saw James Madison become the first U.S. president to command a military unit during his term in office?

1. Abraham Lincoln 2. Jimmy Carter 3. Ulysses S. Grant 4. Aaron Burr 5. The War of 1812

JOINT BASE BALAD WORSHIP SERVICES

PROTESTANT

CONTEMPORARY

Sunday 1030 Gilbert Memorial Chapel (H-4)
1100 Castle Heights (Bldg 4155)
1900 Freedom Chapel (West Side)
Wednesday 2000 Gilbert Memorial Chapel (H-4)

GENERAL

Sunday 0900 Freedom Chapel
0900 Provider Chapel

GOSPEL

Sunday 1100 MWR East Building
1200 Freedom Chapel (West Side)
1230 Gilbert Memorial Chapel (H-4)
1900 Provider Chapel

LITURGICAL (Lutheran Setting)

Sunday 1700 Provider Chapel

TRADITIONAL

Sunday 1030 Freedom Chapel (West Side)
1400 Air Force Hospital Chapel

SEVENTH DAY ADVENTIST

Saturday 1000 Provider Chapel

LATTER DAY SAINTS (MORMON)

Sunday 1300 Provider Chapel
1530 Freedom Chapel (West Side)
1900 Gilbert Memorial Chapel (H-4)

CHURCH OF CHRIST

Sunday 1530 Castle Heights (Bldg 4155)

ROMAN CATHOLIC MASS

Sunday 0830 Gilbert Memorial Chapel (H-4)
1100 Provider Chapel
1230 Air Force Hospital Chapel
Thursday 1100 Air Force Hospital Chapel
Wed, Fri 1700 Gilbert Memorial Chapel (H-4)
Saturday 2000 Freedom Chapel

Confessions: See 1604-1645 (TH Chapel) or by appointment

JEWSH SHABBAT SERVICES

Friday 1800 Gilbert Memorial Chapel (H-4)

PAGAN/WICCAN FELLOWSHIP

Thursday 1900 Provider Annex
Saturday 1900 The Bat Cave

GREEK ORTHODOX

Sunday 0900 Provider Annex

For Further Information Please Call:

Gilbert Chapel: 443-7783
Provider Chapel: 443-1077
Freedom Chapel: 443-6301

*Current as of 21 FEB 2010

JB BALAD ACTIVITIES

INDOOR POOL Swim Lessons: Mon., Wed., - 6 p.m. Tue., Thu., 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 Combative Training: Tue., Thur., 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: Tue., Thu., - 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. Poker: 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.	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.	Friday- 7 p.m. Aerobics: Monday, Wednesday, Friday- 7 p.m. Body by Midget Toning Class: Tue., Thu., - 7 p.m. Dodge ball Game: Tuesday- 7:30 p.m. Furman's Martial Arts: Mon., Wed., Sun., - 1 p.m. Gaston's Self-Defense Class: Fri., Sat., - 7 p.m. Open court basketball: Thursday- 7 p.m. Open court soccer: Mon., Wed., - 7 p.m. Zingano Brazilian Jui Jitsu: Tue., Thu., - 8:30 p.m.
EAST REC- REATION CENTER 4-ball tourney: Sunday- 8 p.m. Open Court Volleyball: Monday- 8 p.m. Karaoke: Sunday- 9 a.m. 8-ball tourney: Mon., Wed., Friday- 2 a.m., 8 a.m. 2 p.m., 7 p.m. Swing Class: Tuesday- 8 p.m. 5:30-6:30 a.m. Yoga Class: Mon., Fri- 6-7 a.m.	H6 FITNESS CENTER Spin: Sunday- 9 a.m. Monday- Saturday- 4:30 a.m., 4 p.m., 10 p.m. Soccer: Tue., Thu., - 5:45 a.m., 8:30 p.m. Yoga: Wednesday- 8 p.m. Saturday- 9 a.m., 7 p.m. Boxing: Sunday- 4 p.m. Friday- 8 p.m. 5 on 5 Basketball: Saturday- 8 p.m.	H6 RECREATION CENTER Bingo: Monday, Tue., - 8 p.m. Friday- 9 p.m.	Monday- Saturday- 10:30 p.m. Monday, Wednesday, Friday- 5:45 a.m., 7 a.m., 3 p.m. Tuesday- 8:30 p.m. Wednesday- 2 a.m., 8:30 p.m. Thursday- 2 a.m., 8:30 p.m. Friday- 1 p.m., 8 p.m. Saturday- 8:30 p.m. Sunday- 8:30 p.m.	Monday- Saturday- 10:30 p.m. Monday, Wednesday, Friday- 5:45 a.m., 7 a.m., 3 p.m. Tuesday- 8:30 p.m. Wednesday- 2 a.m., 8:30 p.m. Thursday- 2 a.m., 8:30 p.m. Friday- 1 p.m., 8 p.m. Saturday- 8:30 p.m. Sunday- 8:30 p.m.	Monday, Wednesday, Friday- 7 p.m. Tuesday- 8 p.m. Wednesday- 8 p.m. Thursday- 7:30 p.m. Friday- 7:30 p.m. Saturday- 7:30 p.m. Sunday- 7:30 p.m.	

UPCOMING SPORTS ON AFN



Monday 05/10/10

113: Machida vs Shogun 2, Tape Delayed 7 a.m. AFN/ xtra
2010 NBA Playoffs, Live 4 p.m. AFN/sports
2010 Stanley Cup Playoffs, Live 4 p.m. AFN/xtra
2010 Stanley Cup Playoffs, Live 6:30 p.m. AFN/xtra
2010 NBA Playoffs, Live 6:30 p.m. AFN/sports

Tuesday 05/11/10

New York Yankees @ Detroit Tigers, Tape Delayed 12 a.m. AFN/ sports
2010 Stanley Cup Playoffs, Live 4 p.m. AFN/xtra
2010 NBA Playoffs, Live 5 p.m. AFN/sports
2010 Stanley Cup Playoffs, Live 7 p.m. AFN/xtra

Wednesday 05/12/10

Chicago White Sox @ Minnesota Twins, Tape Delayed 12 a.m. AFN/ sports
2010 Stanley Cup Playoffs, Live 4 p.m. AFN/xtra
2010 NBA Playoffs, Live 6 p.m. AFN/sports
San Diego Padres @ San Francisco Giants, Live 7 p.m. AFN/ xtra

Thursday 05/06/10

2010 Stanley Cup Playoffs-Eastern Conference Semifinals, Game 4, Live 4 p.m. AFN/ xtra
2010 Stanley Cup Playoffs-Western Conference Semifinals, Game 4, Live 6:30 p.m. AFN/xtra
Milwaukee Brewers @ Los Angeles Dodgers (JIP), Live 7:30 p.m. AFN/xtra
2010 NBA Conference Semifinals: Teams TBD, Live 7:30 p.m. AFN/sports

Saturday 05/08/10

Jacksonville Sharks @ Tampa Bay Storm, Live 12 a.m. AFN/ sports
Los Angeles Angels @ Seattle Mariners, Live 1 a.m. AFN/sports
2010 NBA Playoffs-Conference Semifinals, Tape Delayed 8 a.m. AFN/xtra
Detroit Tigers @ Cleveland Indians, Live 10 a.m. AFN/prime Atlantic

Friday 05/07/10

2010 Stanley Cup Playoffs-Western Conference Semifinals, Game 4, Live 4 p.m. AFN/ xtra
2010 NBA Playoffs-Conference Semifinals, Live 5 p.m. AFN/ sports
NHL: Western Conference Playoffs, Game 4: Chicago Blackhawks @ Vancouver Canucks, Live 6:30 p.m. AFN/xtra
Los Angeles Angels @ Seattle Mariners, Live 7 p.m. AFN/prime Pacific

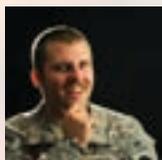
Sunday 05/09/10

2010 National Heads-up Poker Championship, Tape Delayed 12 a.m. AFN/ xtra
2010 Stanley Cup Conference Semifinals, Tape Delayed 4 a.m. AFN/sports
New York Yankees @ Boston Red Sox, Tape Delayed 6 a.m. AFN/xtra
Atlanta Braves @ Philadelphia Phillies, Live 10:30 a.m. AFN/ xtra

Arts & Entertainment

'Death at a Funeral' fills mediocre sitcom story with laughs

BY SGT. JAYSON A. HOFFMAN
EXPEDITIONARY TIMES STAFF



"Death at a Funeral" has a dated sitcom storyline, but the laughs are huge. While this movie doesn't bring as smart of a storyline as I would like, it definitely hits a home run on its punch lines.

The film takes place at the funeral of Aaron (Chris Rock) and Ryan's (Martin Lawrence) father. This family, like most families, has its issues, which all come out at the funeral. Aaron, as the eldest son, tries to hold everything together as it crumbles around him. He deals with

a mourning mother, a perpetually high guest, a crazy uncle, a famous brother and a certain secret his father kept from the entire family for years. While acting as the new family patriarch, he manages to bring the family closer together, even through the most absurd funeral of all time.

This movie has not received much critical praise, most likely because of its weak story. This movie is based on a 2007 British film of the same title, and to be honest, there were scenes in this movie in which I fully expected to see a fast forward chase scene played out to the Benny Hill theme song. It just had one ridiculous plot point after another. While these scenes made for a weak

story, they were also the basis for most of the big laughs.

Elaine (Zoe Saldana), a niece to the deceased, accidentally gets her boyfriend Oscar (James Marsden) high on acid right before the funeral and Marsden ("X-Men") is hilarious. If the cast wasn't as strong as it was, he could have easily stolen the show.

Norman (Tracy Morgan), a close family friend, and Uncle Russell (Danny Glover) had some great scenes together. Glover ("Royal Tenenbaums"), while looking older than ever, was very funny as a mean old man constantly yelling at Norman.

I truly believe, as one of my fellow Soldiers pointed out to me, that Mor-

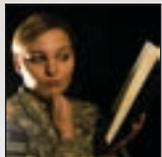
gan does not work with any scripts. I just don't think the man is capable of being anything but a constant source of laughter. He and Glover have the funniest scene in the movie, trust me you'll know what scene it is.

My biggest issue with the movie was not the script but how Rock and Lawrence play the straight men in this movie. These actors are both capable of sending an audience into a blaze of laughter, but they have relatively few laughs in this film.

A strong cast and big laughs make this weak-storied movie one to go and see. It may not be as smart a comedy as I wanted, but I honestly could not stop laughing.

'And Another Thing ...' wholly unremarkable

BY PFC. LISA A. COPE
EXPEDITIONARY TIMES STAFF



"And Another Thing ..." was a wholly unremarkable addition to a wholly remarkable series.

The Hitchhiker's Guide to the Galaxy's "inaccurately named," five-book trilogy was written by Douglas Adams, who died in 2001. The books were based on a radio series written by Adams and broadcasted on BBC in 1978.

Eoin Colfer, the author of the Artemis Fowl series, added a sixth book to the series in October 2009, much my horror and, I'd say, that of most Adams fans. The thought of another author attempting to write in Adams' distinctive voice,

especially someone who is considered to be a children's author, was appalling.

That said, the book was not as bad as I predicted. Where Colfer used his own voice, the book was not Adams' quality, but it was still a good read. The book falls apart, however, at the points in which the reader can tell Colfer is trying to imitate Adams.

One recurring failure of the book is the "guide notes," a tactic Adams used to impart some obscure, but relevant, bit of knowledge to the reader referencing the Hitchhiker's Guide itself. Colfer not only over uses this method - there are probably more guide notes in this one book than the other five combined - but places them in larger type right in the middle of the page. This forces readers to stop their entire flow of thought to consider this obscure, pointless and usually just

not funny bit of information.

Colfer also shifted the focus of the story off of Arthur Dent, the original main character, and onto more minor characters. This is actually a relief as Colfer has no understanding of Arthur, which becomes painfully obvious at the end of the book when Arthur boards a space ship of his own volition just to take a trip. Arthur was, in the Adams written screenplay of the movie released in 2005 based on the first book, reluctant to agree to a trip to Madagascar with Trillian, the female lead, so this plot point in Colfer's book deviates too far from Arthur's character.

However, I did like the new insight into the character of Wowbagger the Infinitely Prolonged, in which the reader finds out why Wowbagger has chosen to use his immortal life to insult the universe and everyone in it, "individually,

personally, one by one and ... in alphabetical order."

Colfer changed the overall tone of the book and, while it is easier to follow and simpler to read, it loses some of the intelligence in its humor and a certain quality that many Adams' fans cherished. Adams' books were my favorites because they were sometimes confusing to read because they force readers to think about what they are reading. Adams had an amazing ability to reflect life and his own political views within a work of science fiction; an ability that Colfer is just not equipped with.

While Colfer is certainly not Adams, "And Another Thing ..." is definitely worth reading, even if it doesn't quite live up to the rest of the Hitchhiker trilogy. Overall, I would say that this is a good read, for Adams' fans and everyone else.

PVT MURPHY



Sustainer Reel Time Theater

Wednesday, May 5

5 p.m. The Losers
8 p.m. She's Out Of My League

Thursday, May 6

5 p.m. Our Family Wedding
8 p.m. The Losers

Friday, May 7

2 p.m. Repo Men
5 p.m. Alice In Wonderland
8:30 p.m. A Nightmare On Elm Street

Saturday, May 8

2 p.m. The Bounty Hunter
5 p.m. A Nightmare On Elm Street
8 p.m. Alice In Wonderland

Sunday, May 9

2 p.m. A Nightmare On Elm Street
5 p.m. Repo Men
8 p.m. The Bounty Hunter

Monday, May 10

5 p.m. Alice In Wonderland
8 p.m. Repo Men

Tuesday, May 11

5 p.m. The Bounty Hunter
8 p.m. A Nightmare On Elm Street

Wednesday, May 12

5 p.m. Repo Men
8 p.m. Alice In Wonderland



PHOTOS AROUND IRAQ

U.S. Army photo by Spc. Michael Loggins



Spc. Lauren Cummings, a Soldier with 585th Military Police Company, demonstrates the subdued personnel movement during personnel search training at April 8 Camp Korean Village, Iraq. The personnel search class is one of the classes the Iraq police officers receive while training with the 585th.

IRAQ

U.S. Navy photo by MC2 Matthew D. Leistikow



Members of the Combined Security Force speak with a villager about an upcoming mukhtar election April 13 in the village of Yaylri, Iraq. The Golden Lions of CSF visited Yaylri to look into potential projects that might help the village.



U.S. Army photo by Spc. Christopher Wehner

(Left) Iraqi Police officers from Basra Criminal Evidence Division practice processing a crime scene with members of the Police Training Team with Headquarters and Headquarters Detachment, 203rd Military Police Battalion, 17th Fires Brigade April 12 at Contingency Operating Base Basra, Iraq. These Iraqi Police are preparing for their course graduation and final exam.



U.S. Navy photo by MC2 Matthew D. Leistikow

Spc. Joel LeMaistre, a Soldier with Joint Combat Camera-Iraq, takes video footage, April 13, of a weapons cache discovered near K-3, Iraq. LeMaistre documented the Golden Lions of the Combined Security Force as they discovered a cache of more than 30, 120mm Russian Mortar rounds, which were destroyed in a controlled detonation.



U.S. Navy photo by MC2 Matthew D. Leistikow

Pfc. Shawn Gallow, a Soldier with A Company, 1st Battalion, 30th Infantry Regiment, 2nd Brigade Combat Team, 3rd Infantry Division, lays down constantine wire to establish a snap traffic control point during a Combined Security Force operation April 14 near Krikuk, Iraq. The Golden Lions of CSF conduct snap traffic control points to maintain security around the city.

NEWS AROUND IRAQ

Top 2 al-Qaeda leaders in Iraq killed

BAGHDAD – Iraqi Security Forces, supported by United States forces, killed the two most senior leaders of al-Qaeda in Iraq early April 18 during a series of joint security operations 10 km southwest of Tikrit.

Abu Hamzah al-Muhajir, also known as Abu Ayyub al Masri, is the military leader of AQI, the terrorist organization responsible for facilitating attacks against Iraqi and Coalition forces as well as Iraqi civilians. Abu Ayyub al Masri replaced Abu Musab al Zarqawi when Zarqawi was killed in June 2006 and is believed to be directly responsible for high profile bombings and attacks against the people of Iraq.

Also killed during the engagement was Hamid Dawud Muhammad Khalil al Zawi, otherwise known as Abu Umar al-Baghdadi, who served AQI as the leader of the proclaimed Islamic State of Iraq and held the title “Prince of the Faithful.”

A series of Iraqi-led joint operations conducted in the last week resulted in the Iraqi forces, with U.S. support, executing a night raid on the AQI leaders’ safe house. The joint security team identified both AQI members, and the terrorists were killed after engaging the security team.

Additionally, Masri’s assistant, along with the son of al-Baghdadi, who were also believed to be involved in terrorist activities, were killed.

After conducting preliminary questioning and initial examination of the evidence during the operation, Government of Iraq elements arrested 16 additional suspected criminal associates of the warranted individuals.

“The death of these terrorists is potentially the most significant blow to al-Qaeda in Iraq since the beginning of the insurgency,” said Gen. Ray Odierno, United States Forces – Iraq commander. “The Government of Iraq intelligence services and security forces supported by U.S. intelligence and special operations forces have over the last several months continued to degrade AQI. There is still work to do but this is a significant step forward in ridding Iraq of terrorists. As the GoI continues to protect the people of Iraq, the U.S. stands ready to assist them.”

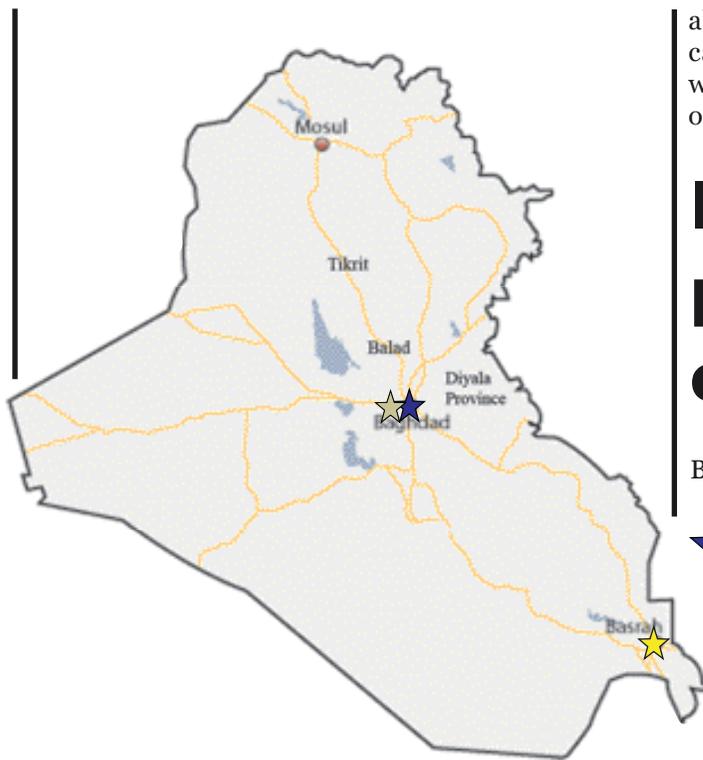
During the assault, a USF-I Soldier was killed when a U.S. helicopter crashed.

Vehicle stop leads to arrest of al-Qaeda criminal associate

BAGHDAD – Iraqi Security Forces arrested a suspected al-Qaeda in Iraq associate during a joint security operation April 19 roughly 5 km west of Baghdad.

Acting on a warrant issued by an Iraqi judge, ISF and U.S. advisers conducted a vehicle stop in search of a suspected mid-level AQI leader who allegedly has experience in the construction and facilitation of vehicle-borne improvised explosive devices.

Information and evidence gathered at the scene led



Iraqi forces to identify and arrest a suspected criminal associate of the warranted individual.

Iraqi and U.S. forces conduct joint operations in accordance with the Security Agreement and in coordination with the Iraqi government to target terrorists seeking to disrupt the security and stability of Iraq.

Iraqi Air Force marks 79th anniversary

BAGHDAD – The Iraqi Air Force celebrated its 79th birthday on National Iraqi Air Force Day with a ceremony in the new hangar at New Al Muthana Air Base April 22 in Baghdad.

Against the backdrop of an Iraqi Air Force C-130, Abd Al-Qadir, the Iraqi minister of defense, spoke to roughly 200 attendees who were treated to a flyover of four advanced North American Aviation T-6 Texan trainer aircraft, as well as a number of static displays of Iraqi aircraft and equipment. Throughout the event, a live video feed from a King Air reconnaissance aircraft flying overhead was displayed on two viewing screens.

The Iraqi Air Force was established in 1931, but was disbanded in 2003. U.S. forces began assisting the Iraqi Air Force with its rebuilding efforts in 2004.

“The air force is the largest part of the Iraqi military,” said Abd Al-Qadir in his speech. “This force represents complete support for the Iraqi Navy and ground forces. I am very proud of the Iraqi Air Force and its accomplishments.”

Of note during the ceremony, Gen. Babakir Zabari, Iraqi Joint Forces commander, and Staff Lt. Gen. Anwar Hamad Amin, Iraqi Air Force commander, promoted Chief Warrant Officer Mahmud Wahdi Isa, making him the first chief master sergeant of the Iraqi Air Force. The establishment of this senior enlisted position acknowledges the importance of the noncommissioned officers role in the successful rebuilding of the force.

Lt. Gen. Michael D. Barbero, deputy commanding general of United States Forces – Iraq, Advising and Training said, “There is lots of hard work

ahead, but I am still optimistic about the future capabilities of the Iraqi Air Force. It is well on its way to becoming fully able to protect the people of Iraq.”

Iraqi Army, federal police lead joint operation

BAGHDAD – Soldiers from 3rd Battalion, 69th Armor Regiment, 1st Advise and Assist Brigade, 3rd Infantry Division, played a key advise and assist role in Operation Stalking Wolf, the largest joint operation led by Iraqi Security Forces to date.

U.S. forces performed an outer cordon for the operation in the early morning hours of April 17 in Islah, Gumaryah and Shiek Saad.

“We were there to advise and assist with any help (the ISF) might need, but overall, this was their mission,” said Capt. Melvin Lowe, commander of A Company, 3/69 Armor Bn.

The joint operation included members with 2nd Brigade, 1st Federal Police Division and the 11th Iraqi Army Division, with the ISF outnumbering U.S. Soldiers 10 to 1.

More than 1,060 ISF members conducted door-to-door searches and combined clearing operations, detaining three individuals on Article 4 terrorism warrants during the operation.

“Missions like Operation Stalking Wolf set the ground work for future joint operations between the IA and the IP,” said Lt. Col. Hugh O’Connor, Security Training Transition Team chief, 1st Advise and Assist Brigade, 3rd Infantry Division.

The overall reaction to the operation by local Iraqis was one of cooperation, and the close coordination between the 2-1 FP and the 11th IA made everything flow smoothly, O’Connor said.

O’Connor said the mission helped instill the confidence the ISF needed in one another’s capabilities.

US Soldiers transfer Joint Security Station Salie to Federal Police

BAGHDAD – Soldiers with C Troop, 1st Squadron, 89th Cavalry Regiment, 2nd Brigade Combat Team, 10th Mountain Division transferred Joint Security Station Salie to members of 1st Battalion, 3rd Brigade, 1st Iraqi Federal Police in a ceremony April 20 in Baghdad.

As the United States draws down forces from Iraq in accordance with the Security Agreement, JSS facilities are transferred to Iraqi Security Forces or Government of Iraq ministries. JSS Salie is the third JSS to be transferred to the ISF in 2nd BCT’s operational environment.

“The work was mutual,” Col. Yousef M’Shutit

Mohsin, commander of 1/3/1 FP. "We worked together in terms of patrols in our sector. We worked together all the time. In our area, we were able to control and make peace in the area and get rid of the militia."

C Troop has worked with 1/3/1 FP in the past six months, conducting partnered training, patrols and humanitarian assistance missions.

"The enemy is thinking the American forces are leaving, so that is great," said Brig. Gen. Imad Abd Ali Al-Uqabi, 3/1 FP commander. "We can operate a lot easier and quicker (they think) – wrong. We are going to show them how they are going to face the law. Now it's a different ball game, and we are in control. We are going to show them what we are made of."

The ceremony took place at JSS Salie with Iraqi FP officers, federal policemen and U.S. Soldiers participating.

Iraqi Security Forces arrest suspected al-Qaeda leader, criminal associate

 BAGHDAD – Iraqi Security Forces arrested a suspected al-Qaeda in Iraq leader and a criminal associate during a joint security operation April 19 in Mosul.

ISF and U.S. advisers searched buildings for a suspected AQI leader allegedly responsible for utilizing couriers from Mosul to Baghdad, connecting all aspects of the terrorist organization.

Information and evidence gathered at the scene led Iraqi forces to identify and arrest the warranted AQI leader and a criminal associate.

Iraqi and U.S. forces conduct joint operations in accordance with the Security Agreement and in coordination with the Iraqi government to target terrorists seeking to disrupt the security and stability of Iraq.

Iraqi Security Forces kill suspected al-Qaeda senior leader in Mosul

 BAGHDAD – Iraqi Security Forces killed a suspected al-Qaeda in Iraq senior leader during a joint security operation April 20 in east Mosul.

ISF and U.S. advisers searched buildings for Ahmad Ali Abbas Dahir al-Ubayd, also known as Abu Suhaib, the suspected Military Emir of northern Iraq who is allegedly responsible for oversight of both vehicle-borne and non-vehicle-borne improvised explosive device attacks against the Government of Iraq and the local population in Mosul.

During the operation, the suspected AQI leader refused to leave the building in which he was hiding and fired at ISF. ISF engaged the warranted AQI leader, killing him. One ISF member was wounded but was treated for minor injuries and later released.

Iraqi and U.S. forces conduct joint operations in accordance with the Security Agreement and in coordination with the Iraqi government to target terrorists seeking to disrupt the security and stability of Iraq.

Iraqi Security Forces raid nets lethal aid smugglers in Wasit

 BASRAH, Iraq – Iraqi Security Forces led a joint raid with U.S. advisers in Wasit province to apprehend suspected lethal aid smugglers April 22.

The team secured federal warrants for each of the targeted individuals who allegedly have direct ties to Kata'ib Hezbollah.

The targeted individuals surrendered to Iraqi officials without incident and were taken to a nearby holding facility where they will await arraignment.

Iraqi and U.S. forces conduct joint operations in accordance with the Security Agreement and in coordination with the Iraqi government to target terrorists seeking to disrupt the security and stability of Iraq.

Joint Coordination Center Abu Ghraib control transferred to Iraqi Police

 ABU GHRAIB, Iraq – The 4th Stryker Brigade Combat Team, 2nd Infantry Division transferred authority of Joint Coordination Center Abu Ghraib to its Iraqi Police partners during a ceremony April 20 in Abu Ghraib.

Leaders with 1st Battalion, 38th Infantry Regiment, 4th SBCT, 2nd Inf. Div., the Abu Ghraib Police district and the Iraq Ministry of Interior participated in the ceremony, which concluded with the signing of documents, officially transferring control of the JCC to the Iraqis.

Since arriving in Iraq last fall, Soldiers with 1st Bn. 38th Inf. Regt. maintained a 24-hour presence at the JCC, planning operations and conducting missions alongside its Iraqi Police partners to improve security in the area – to include the national elections March 7. In total, more than 100 combined patrols have been enabled during the past six months.

"Even though we are turning over the JCC today, we are still going to remain partners," said Lt. Col. John Leffers, commander of 1st Bn., 38th Inf. Reg.,

He said this transfer is another step toward the responsible reduction of U.S. forces in Iraq and ensuring that the two nations remain strong strategic partners.

"The transfer strongly reinforces the confidence of the Government of Iraq and the people of Abu Ghraib in their (Iraqi Police)," said Leffers. "They're ready to lead."

3 suspected al-Qaeda associates arrested

 BAGHDAD – Iraqi Security Forces arrested three suspected al-Qaeda in Iraq associates during a joint security operation April 22 in central Baghdad.

ISF and U.S. advisers searched a building for an alleged AQI leader with experience in the

construction and facilitation of vehicle-borne improvised explosive devices.

Information and evidence gathered at the scene led Iraqi forces to identify and arrest three associates of the warranted AQI leader.

Iraqi and U.S. forces conduct joint operations in accordance with the Security Agreement and in coordination with the Iraqi government to target terrorists seeking to disrupt the security and stability of Iraq.

Iraqi Army, Federal Police lead joint operation

 BAGHDAD – Soldiers with 3rd Battalion, 69th Armor Regiment, 1st Advise and Assist Brigade, 3rd Infantry Division, played a key role in Operation Stalking Wolf April 17, the largest joint operation led by Iraqi Security Forces to date.

U.S. forces performed an outer cordon for the operation, which was conducted in the early morning hours of April 17 in Islah, Gumaryah and Shiek Saad.

"We were there to advise and assist with any help (the ISF) might need, but overall, this was their mission," said Capt. Melvin Lowe, commander of A Company, 3/69 Armor Bn.

The joint operation included members of 2nd Brigade, 1st Federal Police Division and the 11th Iraqi Army Division, with the ISF outnumbering U.S. Soldiers 10 to one.

More than 1,060 ISF conducted door-to-door searches and combined clearing operations while detaining three individuals on Article 4 terrorism warrants during the operation.

"Missions like Operation Stalking Wolf set the ground work for future joint operations between the IA and the IP," said Lt. Col. Hugh O'Connor, Security Training Transition Team chief with 1st Advise and Assist Brigade, 3rd Inf. Div.

The overall reaction to the operation by local Iraqis was one of cooperation, and the close coordination between the 2/1 FP and the 11th IA made the mission flow smoothly, O'Connor said.

He said the mission helped to instill the confidence the ISF needed in one another's capabilities.

Suspected al-Qaeda member, 8 associates arrested in Baghdad

 BAGHDAD – Iraqi Security Forces arrested a suspected al-Qaeda in Iraq member and eight suspected AQI associates during joint security operations April 26 in Baghdad and Baqubah.

ISF and U.S. advisers searched buildings for a suspected AQI member who is believed to be an improvised explosive device facilitator responsible for IED attacks in the greater Baghdad area.

Information and evidence gathered at the scene in Baghdad led Iraqi forces to identify and arrest the warranted AQI member and eight associates.

Iraqi and U.S. forces conduct joint operations in accordance with the Security Agreement and in coordination with the Iraqi government to target terrorists seeking to disrupt the security and stability of Iraq.

Phantom Support



U.S. Army photo by 2nd Lt. Angela K. Fry



(Left) Maj. Gen. Robert Newman, Virginia National Guard adjutant general and a Richmond, Va., native, and Lt. Col. Scott Smith of Lynchburg, Vir., talk to the curator of the Ziggurat of Ur, near the Tallil Airbase. Newman flew to Camp Adder to visit Soldiers from 1st Battalion, 116th Infantry Regiment, out of Lynchburg, Va. The 1/116th is currently deployed with the Louisiana National Guard's 256th Infantry Brigade Combat Team, 13th Sustainment Command (Expeditionary) in support of Operation Iraqi Freedom.



Gen. Raymond Odierno, the commander of USF - I, receives a mission briefing from Brig. Gen. Paul L. Wentz, the commander of the 13th Sustainment Command (Expeditionary), and Command Sgt. Maj. Mark D. Joseph, the senior enlisted adviser of the 13th ESC, April 21 at the 13th ESC Joint Operations Center at Joint Base Balad, Iraq.

U.S. Army photo by Staff Sgt. Joel F. Gibson



U.S. Army photo by Sgt. 1st Class Tad Browning

(Above) First Sgt. Quentin Kimble, with Headquarters and Headquarters Company, 36th Sustainment Brigade, 13th Sustainment Command (Expeditionary) and a Temple, Texas, native, leads new inductees through the Noncommissioned Officer Charge during an NCO induction ceremony March 29 at Contingency Operating Base Adder, Iraq.



U.S. Army photo by 1st Lt. Deshaun L. Niecey

(Above) Command Sgt. Maj. Michael L. Butler, a New Johnsonville, Tenn., native, poses for a picture with two children April 12 at Jedellah Sofla, Iraq, while delivering school supplies and toys with the 15th Sustainment Brigade, 13th Sustainment Command (Expeditionary) and 1st Squadron, 278th Armored Cavalry Regiment, 13th ESC.



U.S. Army photo by Pfc. Lisa A. Cope

Pvt. Anthony J. Mitchell, a combat medic with the 1073rd Support Maintenance Company and a Detroit native, teaches Soldiers the proper way to evacuate a casualty April 12 during the combat lifesaver course at the 2nd Squadron, 278th Armored Cavalry Regiment, 13th Sustainment Command (Expeditionary) headquarters building at Joint Base Balad, Iraq.