

The Expeditionary Times

Proudly serving the finest Expeditionary service members throughout Iraq

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Millions



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Army millions**

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Humanity



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volunteer, serve
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Adapting



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Lt. Gen. Anwar Hamad Amin (middle), commander of the Iraqi Air Force, dines with Iraqi Air Force Col. Nuhad Natic (right), who is assigned to be the Q-West base commander after turnover, and Lt. Col. Brian Felsch, base-turnover liaison with the 15th Sustainment Brigade, 13th Sustainment Command (Expeditionary), and a Heber City, Utah, native. Amin visited to inspect Q-West, a U.S. base since 2003, which is scheduled for turnover from the U.S. Army's 15th Sust. Bde, to the Iraqi Air Force in July as part of the U.S. military's upcoming responsible drawdown of troops and equipment from Iraq.

US, Iraqi leaders discuss base turnover

STORY AND PHOTO BY
STAFF SGT. MATTHEW C. COOLEY
15TH SUSTAINMENT BRIGADE PUBLIC AFFAIRS

CONTINGENCY OPERATING BASE TAJI,



Iraq— U.S. Army and Air Force, Iraqi Air Force and local Iraqi civilian leaders gathered for a luncheon May 20 here to discuss the largest base turnover from U.S. forces to the Iraqi Air Force so far.

Contingency Operating Base Q-West, Iraq, a U.S. base since 2003, is scheduled for turnover from the U.S. Army's 15th Sustainment Brigade, 13th Sustainment Command (Expeditionary), to the Iraqi Air Force in July as part of the upcoming responsible drawdown of troops and equipment from Iraq.

Col. Larry Phelps, commander of the 15th Sust. Bde. and a Greenville, Ala., native; Iraqi Air Force Col. Nuhad Natic, assigned to become the base commander after turnover; and Dr. Mohammad, the shaykh of the nearby village Jedellah Sofla, discussed the area's past and future.

According to Natic, the Iraqi Air Force plans

for COB Q-West to be fully equipped with three squadrons, including new helicopters and multiple F-16 Fighting Falcons by 2011. He also said he plans to improve base security.

In an interview May 1, when Natic arrived on base, he said he worked on the base 18 years earlier in his career.

"We're very happy and ... it was a very good decision to open this base again," Natic said.

It is important that someone who was on COB Q-West before and understood it would be in charge, Phelps said.

According to Iraqi Air Force Lt. Col. Karim Almeferjy, COB Q-West is of vital strategic importance in the area.

"It is in the interest of both governments that our mission succeeds," he said.

Almeferjy said he hopes the U.S. military would continue to help with the transition as much as possible.

"We are working as one force," Natic said.

Natic believes that the Iraqi military would continue to adopt a more Western style of military organization, he said.

Most good militaries work similarly, Phelps said, citing the time he spent working with other

countries' armed forces while working at NATO.

"They find a different path but they end up at the same place. I think we're like that," he said.

Mohammad discussed local issues in the area including poverty, difficulty getting clean water and terrorism.

"Unemployment is one of the reasons people turn to terrorism," he said.

Mohammad asked Natic to keep hundreds of civilian workers employed by the U.S. Army at COB Q-West after the base turnover.

Natic said he was aware of the issue and would make the recommendation to the Iraqi Ministry of Defense.

"I will do my best to help them," Natic said. "I have this concern in my mind. This base belongs to the people in this region. It's not mine."

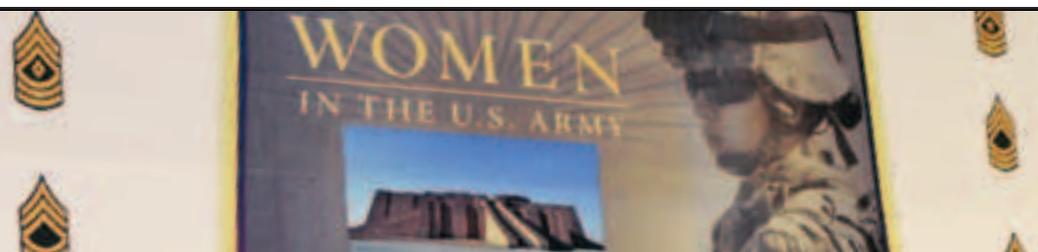
Mohammad reminisced about his village's relationship with the base and U.S. Army.

"When I met them there is more friendship ... we break down the barriers," he said.

Mohammad spoke of his many friends in the U.S. Army including Gen. David Petraeus, commander of U.S. Central Command, whom he met when Petraeus was still a major general.

With the help of Mohammad, the U.S. Army

Turnover cont. page 16



**"Resilience is having the
strength to continue on,
after going through some-
thing extreme."**

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The phases and art of reconciliation

CAPT. ROBERT KINNUNE
JOINT BASE BALAD GARRISON CHAPLAIN



Many relationships die for lack of an apology. Offenses are real and they can fracture relationships. Time alone will not heal a broken relationship. The healing process begins with a sincere apology. The apology doesn't immediately restore the relationship, but it does open the door to forgiveness, and forgiveness opens the door to reconciliation.

Is an apology a sign of weakness? Definitely not! Why then, do some people find it so hard to apologize? Perhaps this is because they view apologizing as a sign of weakness. In reality, it is a sign of maturity. In an apology, I accept responsibility for my behavior. I'm showing that I value our relationship. Until you apologize, nothing is more important.

Requesting forgiveness is one of the five apology languages. For some people it is their primary language. In their minds, if you don't request forgiveness, you have not apologized. One wife said, "All he ever says is, 'I'm sorry.'" What is that supposed to mean? Does he realize what he has done wrong? Does he want to be forgiven? Then why can't he ask for it?"

The reason he does not ask for it is that he may not know that requesting forgiveness is one of five ways to apologize. Most of us learn only one or two statements of apology as we grow up. To make a successful apology we may need to learn to speak another language.

Learning how to apologize, and understanding that people apologize in different ways is essential for healthy

relationships. What one person considers an apology is not what another person is looking for. He says, "I'm sorry," while she wants to hear him say, "I was wrong." Or, she says, "What can I do to make things right?" And, he is saying, "For a start, you can tell me what you are going to do to make sure this does not happen again tomorrow."

None of us are experts on apologizing, but the good news is that we can learn. Take the first step towards healing. Why is it so hard for some people to say, "Will you please forgive me?" Often it is fear. Fear of losing control. To ask a person to forgive you means you put the future of the relationship in their hands; fear of rejection. When you ask for forgiveness the other person may say, "No." For some of us our greatest fear is the fear of rejection.

Or, it could be fear of failure. For these people, admitting wrong is equivalent to saying, "I'm a failure." Understanding the scriptures can remove all of these fears. The scriptures say, "All have sinned." To admit that you have done wrong is simply to admit that you are human. Requesting forgiveness is the first step toward healing.

It is always right to request forgiveness. It is never right to demand forgiveness. The spouse who says, "I told you I'm sorry. What more can I say?" is demanding forgiveness and is not likely to receive it. None of us respond well to demands. Forgiveness is a choice to lift the barrier and let the other person back into our lives.

The risk is worth it. There is always the risk that they will hurt us again. Some people have been hurt so many times that they are reluctant to forgive. However, without forgiveness, the relationship cannot grow. If you are in a stalemate, I urge you to apologize and request forgiveness. Then, give the other person time to process their pain. In the mean time, pray and love.



EXPEDITIONARY TIMES

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

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The Weekly Standard: Anonymous complaints

SGT. 1ST CLASS ALEXANDER ARCE
13TH ESC ASSISTANT INSPECTOR GENERAL



“You gain strength, courage, and confidence by every experience in which you really stop to look fear in the face. You must do the thing you think you cannot do.” — Eleanor Roosevelt

In recent weeks, our offices have received several anonymous complaints. While everyone is authorized to do so, it is not the most effective way to address an issue or concern.

I can sympathize with those who fear reprisal for bringing an issue to the attention of the inspector general. Fear can be debilitating, but also serves as a roadblock to conflict resolution.

Anonymous complaints are often too vague and leave us

with more questions than answers. In order to address issues, the IG needs information such as names of individuals involved, potential witnesses, applicable dates and times and what the complainant wants to happen. Should you still wish to submit a complaint anonymously, please make sure you include as many details as possible. And remember that anonymous complaints also prevent us from letting you know what we have done to resolve the issue.

As mentioned in last week's publication, the IG has a duty to protect an individual's confidentiality to the maximum extent possible. While IGs will never promise confidentiality, we will always endeavor to maintain it.

All we ask is that, if possible, you give us a call or come by one of our offices to discuss your concerns. Simply speaking with an IG does not commit you to filing a complaint. And you can trust that we will do our absolute best to protect your confidentiality while also working to address your concerns.

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36th SB Soldier reflects on three tours in Iraq

STORY BY
SGT. 1ST CLASS TAD BROWNING
36TH SUSTAINMENT BRIGADE PUBLIC AFFAIRS

CONTINGENCY OPERATING BASE ADDER, Iraq—



Soldiers gain an incredible amount of experience throughout the course of a deployment to Iraq. Some Soldiers, like Staff Sgt. Charles Jackson, here for the beginning, middle and the end of Operation Iraqi Freedom, have gained more than others.

Jackson, an intelligence analyst with the 36th Sustainment Brigade, 13th Sustainment Command (Expeditionary) and a Kyle, Texas, native, reflected on the many changes he has noticed during his three tours in Iraq.

Jackson said this deployment was much like his other two deployments, serving as an intelligence analyst to take bits of intelligence from different sources to create a big picture of what is happening in Iraq.

The situation in Iraq has changed during his deployments, and the number of daily attacks in Iraq has dropped considerably, he said.

“The bad guys are a lot more organized now than they were during OIF I, (but) not necessarily as strong as they were during my second deployment,” Jackson said. “That was kind of the height of the insurgency. They have better structure. The ones that are fighting us now are the ones that are going to fight until the end. There are a lot (of insurgents), that somewhere along the way, lost interest. The ones that

are still fighting after seven years are trying to see it through.”

The sectarian violence really spiked during his second deployment, but some of it is still happening, to a less severe extent, he said.

“The average Iraqi is just ready for it all to be over,” Jackson said. “(They are) ready for us to go and ready for a stable country. The society seems to be a little more (empowered), a little more confident now that they're headed in the right direction.”

Jackson said during his initial deployment to Iraq his most enduring moment was the convoy from Kuwait to Tikrit which took almost three days.

“It was a surreal experience,” he said. “Here I am in a foreign country, in a combat zone, and we're driving up the highway seeing burned out vehicles and buses with bullet holes in the sides and windows,” Jackson said.

Jackson said that one of his most humbling moments also happened during his first tour when he convoyed into the Kurdish controlled area of Iraq with one of the female officers in his unit.

“At one of our stops, the kids gathered around us and I had a female captain that I worked with, and I remember one of the little Iraqi girls looking at her and she had this look of amazement,” Jackson said. “Here is this woman standing here in uniform, and it really hit me that they don't necessarily see a lot of opportunity over here, and here is this little girl looking at a female captain in the Army and I don't know if she is thinking, ‘Maybe I could do that one day,’ or ‘maybe I can do what I want one day.’ The look on her face; that she was just amazed to see a female authority figure like that. I

was kind of shocked and humbled and it gave me hope for their future.”

The overall quality of life for Soldiers here has gotten a lot better, he said.

“The side effect of that is that you feel more like you are on a base back home, and some people don't get that we are still in a somewhat hostile environment,” Jackson said. “It could change quickly.”

Lt. Col. Craig Schneider, intelligence officer-in-charge with the 36th Sust. Bde. and an El Paso, Texas, native, said Jackson brings an amazing amount of knowledge and experience to the brigade.

“Jackson brought with him skills with the Command Post of the Future system and working with databases so he was able to just flow us into that...he has worked in (intelligence plans positions) as well as the administrative side of security so he has a lot of breadth in the job,” Schneider said.

Schneider gave the impression that Jackson has made an impact on the mission of the 36th Sust. Bde. through his knowledge and ability to deal with different situations as they arise.

“We didn't have a lot of conflict or indirect fire or scary situations like that, but (if) we had those things, Jackson is the one that I would want to be there,” Schneider said. “He is just even-keeled. He calmly assesses things and he does what he has to do. This has been a much calmer mission for him, fewer mortar rounds, fewer RPGs, so I think he has enjoyed that. When things are very stressful, he is the kind of guy that you like to have around.”



Brig. Gen. Paul L. Wentz, commander of the 13th Sustainment Command (Expeditionary) out of Fort Hood, Texas, speaks to more than 100 Soldiers of A Company (Signal) and Headquarters and Headquarters Company, 15th Special Troops Battalion, 15th Sustainment Brigade, 13th ESC May 20, at an end of tour awards ceremony in the Morale, Welfare and Recreation tent here.

Q-West troops receive end of tour awards

STORY AND PHOTO BY
STAFF SGT. MATTHEW C. COOLEY
15TH SUSTAINMENT BRIGADE PUBLIC AFFAIRS

CONTINGENCY OPERATING BASE Q-WEST, Iraq—

More than 100 Soldiers with A Company (Signal) and Headquarters and Headquarters Company, 15th Special Troops Battalion, 15th Sustainment Brigade, 13th Sustainment Command (Expeditionary) received end-of-tour awards May 20, at the Morale, Welfare and

Recreation tent here.

Brig. Gen. Paul L. Wentz, commander of the 13th ESC out of Fort Hood, Texas, personally presented the awards, and Col. Larry Phelps, commander of the 15th Sust. Bde. and a Greenville, Ala., native, gave each Soldier a handshake, a hug and “Wagonmaster” brigade coin.

Before Wentz awarded the medals, Phelps briefly spoke about the accomplishments of the brigade. Accomplishments, he said, were largely due to the Soldiers of the two companies.

Phelps said he searched through records to find a brigade

that did more than the 15th Sust. Bde. but did not find one.

“I look at the records and say, ‘Nope, my guys and gals did more than that,’” he said.

Phelps explained that the unit did even more than the support units of Vietnam.

“We cleared the battlefield of 14,000 20-foot containers and didn't throw any of them off the side of a boat,” he said.

He told the Soldiers that winning was the ability to send Soldiers home and congratulated them for doing well in their mission.

After each Soldier walked across the stage, received their award and shook hands with their leaders, Wentz told the group he was impressed.

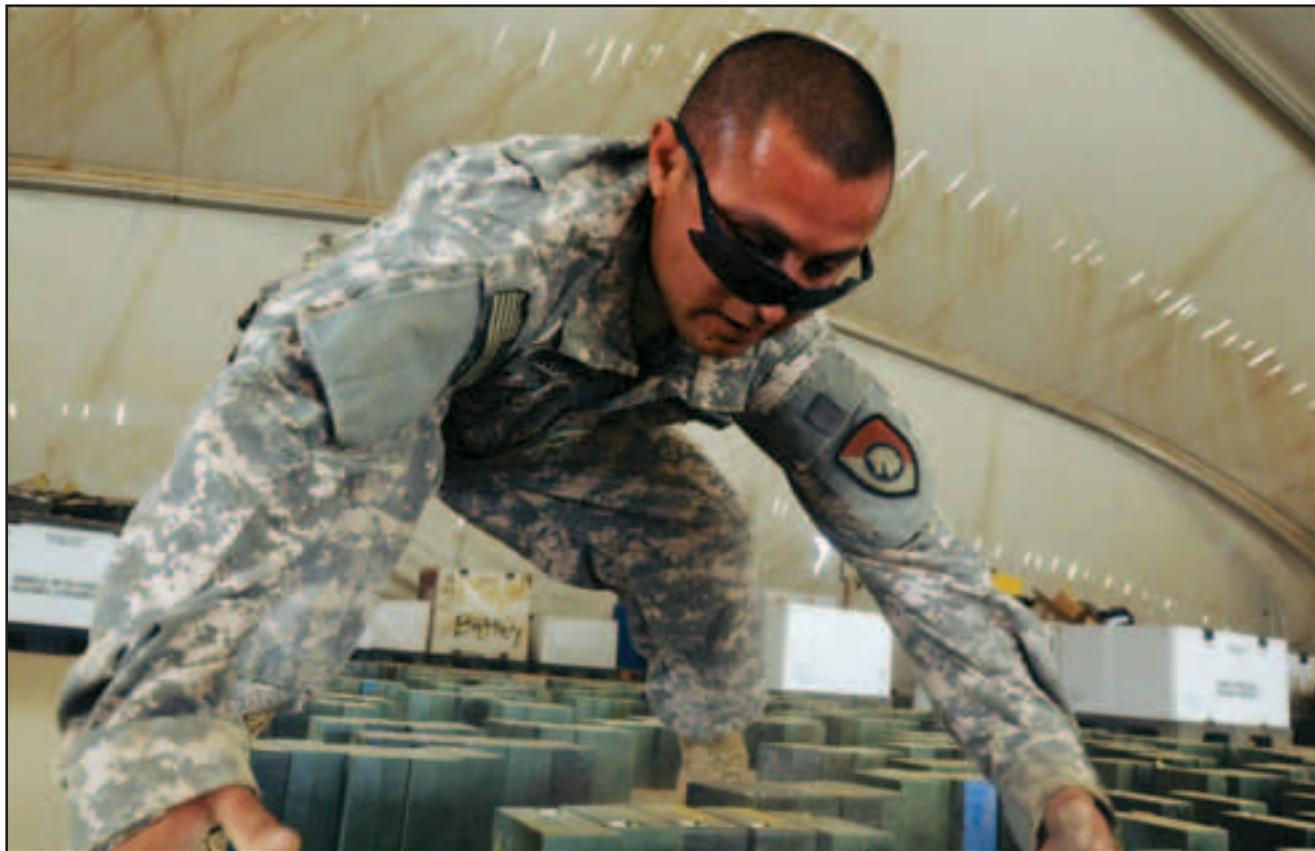
He encouraged the Soldiers to thank their Families for their support and reminded them that deployments are hard for those at home as well.

“Their job on that end is more difficult than ours,” he said. “Please pass on my thanks to them.”

In closing, Wentz spoke of Phelps' search through the history books.

“I don't think he'll find any unit that has done what you have done in such a short amount time.”

MRT yard saves Army millions in assets



Spc. Rogelio Briones, a supply specialist with the 812th Quartermaster Company, 373rd Combat Sustainment Support Battalion, 3rd Sustainment Brigade, 13th Sustainment Command (Expeditionary), and a Harlingen, Texas, native, organizes batteries May 18 at the material redistribution team yard, motor pool No. 5, Victory Base Complex, Iraq.

STORY AND PHOTOS BY
SGT. CHAD MENEGAY
EXPEDITIONARY TIMES STAFF

VICTORY BASE COMPLEX, Iraq— One challenge the U.S. military faces in its upcoming responsible drawdown in Iraq is the removal and redistribution of material it has amassed during seven years of combat operations.

The leadership with the 812th Quartermaster Company, 373rd Combat Sustainment Support Battalion, 3rd Sustainment Brigade, 13th Sustainment Command (Expeditionary), believes its material redistribution team has helped overcome that challenge with historic results.

Sgt. 1st Class Ralph Salas, noncommissioned officer-in-charge of the 812th's MRT yard, estimates that his MRT has processed \$90 million in military material and saved

taxpayers \$40 million since September 2009.

The MRT concept is less than 2 years old. Its function is to identify, sort and reallocate excess material in theater, to expedite redeployments and leave less of an environmental footprint.

"This is a more responsible way of reallocating items into different parts of theater," said 1st Sgt. Rene Guerra, first sergeant with the 812th Quartermaster Co., and a San Antonio native.

"Having been in the military 40 years, I've noticed every time we've left theaters out in deserts," Guerra said. "With the concept of the MRT now, it's a lot better concept. Most of the stuff was left behind, either for the incoming government or actually buried. Finally, I think the military and our government has gotten it right. We're not wasting this material."

The MRT at motor pool No. 5 on Camp Liberty runs a "Wal-Market," which houses free equipment and supplies, distributed on a first-come, first-served basis for military and

Department of Defense civilians.

"We can have parts here that some unit might need," Salas said. "We can get it to them faster instead of ordering it and coming from the states. If we have it, 'bam!' Here you go. Instead of having that item deadlined for a month, it's deadlined for a week or less," Salas said.

MRTs make the Army more efficient. A lot of what gets redistributed goes to Afghanistan for Operation Enduring Freedom, he said.

The work that goes into redistributing new, used and repairable material is physical. Soldiers at motor pool No. 5 currently work 12-hour days in the heat, unloading truck-sized containers, lifting heavy items, moving pallets with forklifts, hauling with 5-ton trucks, lifting containers with cranes and sorting through what sometimes turns out to be scrap.

Salas said the 812th MRT has turned in about 177,000 tons of scrap metal and around 45,000 pounds of copper.

The work is tedious at times and physically demanding at others, Salas said.

"We get a lot of large packages in, from washers to little bolts, and we have to identify all of that stuff," Salas said. "That's tedious, but we get it done. The hard part of it is when we get big scraps that no one man can lift, so we get the forklift support and get it out."

Salas said that his Soldiers have accomplished a milestone of more than \$40 million in recoverable items.

"That's \$40 million the Army doesn't have to spend on new equipment, on reordering," Salas said. "They're able to put those items back into the system."

The Soldiers with the MRT here are establishing a new and more efficient way to redistribute and retrograde material and equipment, he said.

"It's historical, because as far as I know, nothing here is doctrine," Salas said. "I think our guys are making history. I would like our guys to have a plaque somewhere in the United States, saying, 'Hey, this is the MRT team. These are actually the guys who helped start this.'"

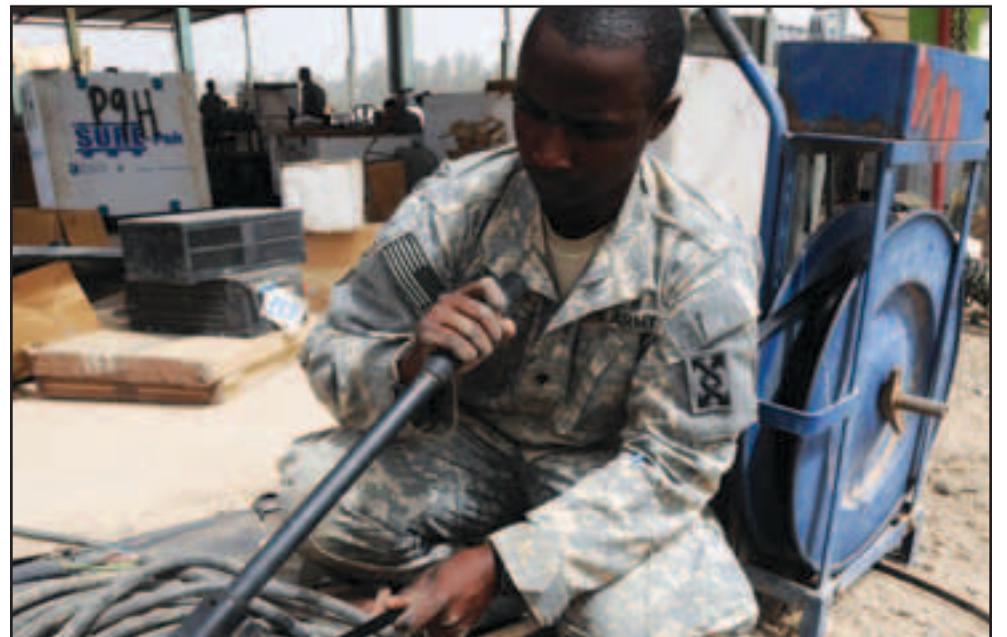
Another 812th team, one that helps the MRT run more efficiently, is the material assessment team.

MAT is a group that assesses what extra equipment units have that isn't on their property books. This team helps units organize and plan the packing of material, coordinates transportation, acquires containers if the unit doesn't have any, and escorts the containers to the MRT.

The MRTs and MATs give redeploying units less to worry about. Instead of units dumping equipment off on someone else, "we're here to take it off their hands and make it useful," Salas said. "This helps units (redeploy) out of here quicker."



Cpl. Andrew Garcia, operations noncommissioned officer with the 812th Quartermaster Company, 373rd Combat Sustainment Support Battalion, 3rd Sustainment Brigade, 13th Sustainment Command (Expeditionary) and a Goliad, Texas native, unloads a container May 18 at the material redistribution team yard, motor pool No. 5, Victory Base Complex, Iraq.



Spc. Devyn Williams, a truck driver with the 296th Transportation Company, 541st Combat Sustainment Support Battalion, 15th Sustainment Brigade, 13th Sustainment Command (Expeditionary), and a Statesboro, Ga., native, binds a mass of wires to a pallet May 18 at the material redistribution team yard, motor pool No. 5, Victory Base Complex, Iraq.

Unit retrogrades seven years' worth of equipment

STORY AND PHOTOS BY
SGT. KIMBERLY JOHNSON
EXPEDITIONARY TIMES STAFF

AL ASAD AIR BASE, Iraq— Infantry Soldiers from the Louisiana National Guard have dual roles at Al Asad Air Base, Iraq. Their primary mission is convoy security escorts, in charge of securing theater essential commodities. However, due to the upcoming responsible drawdown of troops and equipment from Iraq, they have been assigned another mission—retrograding seven years worth of equipment from Iraq.

The 3rd Battalion, 156th Infantry Regiment, 256th Infantry Brigade, 13th Sustainment Command (Expeditionary), has been tasked with collecting and reallocating more than 1,660 pieces of equipment by June 2010 when it relocates to Joint Base Balad, Iraq.

Our only focus (was) to deploy as convoy security companies," said Sgt. 1st Class Anthony Bordelon, supply noncommissioned officer-in-charge with 3rd Bn., 156th Inf. Regt. and a Lake Charles, La., native. "We've (become) 'turn-in' companies also, because we have to get rid of all the excess gear from seven years."

As units moved in and out of theater during the last seven years, they stockpiled equipment essential for their missions, such as Armored Security Vehicle parts, tank parts, satellite phones, weapons, electrocardiogram machines and generators.

Because the responsible drawdown is being geared up, and many units, who's vehicles have been upgraded, are nearing the end of their mission, there isn't a need for the outdated equipment.

"The whole brigade is nominated to turn in 17,000 pieces of theater provided equipment," said Lt. Col. David Gooch, commander of 3rd Bn., 156th Inf. Regt. and an Abbeyville, La., native. "We are responsible for the turn-in, because we are at the end of the line for seven years of equipment."

During the last month and a half, the maintenance section from the battalion has turned in more than \$1.9 million worth of parts, such as belts, starters and tires for redistribution. These items will be recycled back into the Army supply



Sgt. Dustin Guillory, a sniper with Headquarters and Headquarters Company, 3rd Battalion, 156th Infantry Regiment, 256th Infantry Brigade, 13th Sustainment Command (Expeditionary), and a Lake Charles, La., native, checks serial numbers on equipment prepared for turn in.

system, Gooch said.

"I have tank parts," Gooch said. "I haven't seen a tank in Iraq since I've been here. I'm sure there (are) some still around, but certainly not near the number of tanks in 2005."

Once the items have been identified for turn-in, there is a process of many different steps and procedures. Attention to detail is key to the success of this mission, Bordelon said.

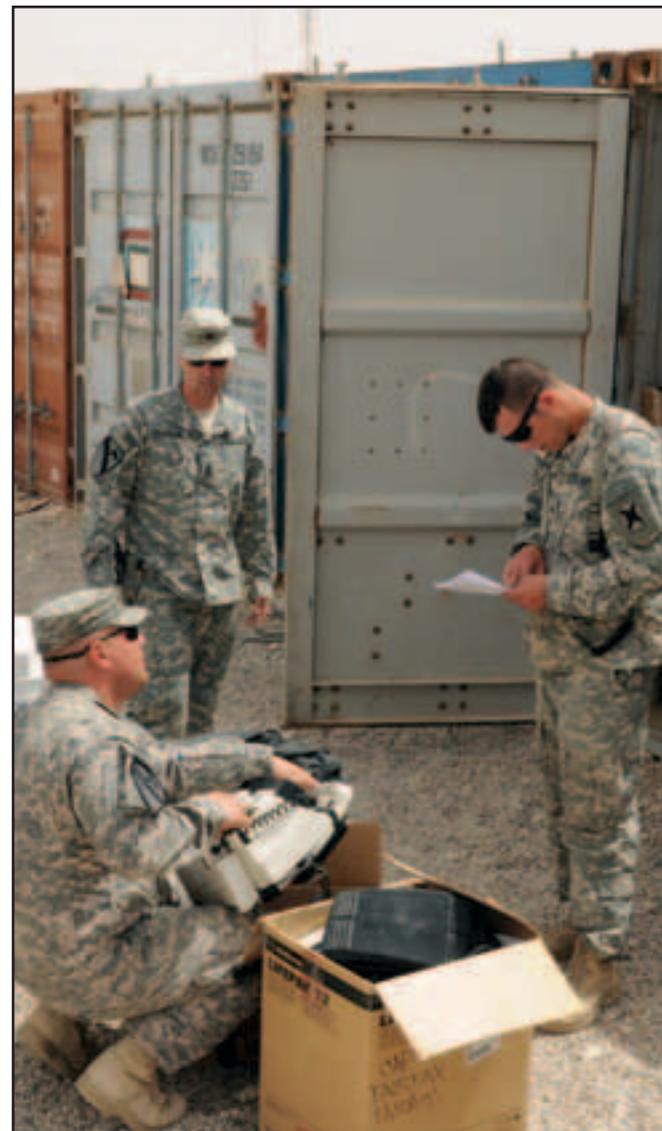
"Whenever excess equipment is identified, a request is sent to our brigade and the higher echelons to get it (added to) a theater redistribution asset manager (list)," Bordelon said. "They take that list and see if any other unit in Iraq or Afghanistan needs the equipment. If not, then they send an order to turn it in and send it back to the states."

Once the equipment is identified on the TRAM, it can either be prepared for turn-in or transferred to another unit who needs the equipment for their mission, Bordelon said.

If the item is marked for turn-in, which most items are, the Louisianans take it to the retrograde property assistance team yard where it is sent back to the U.S., he said.

Once the items are in the yard, a unit from Kuwait drives to Al Asad, loads the items on the convoy and brings them back down to Kuwait for redistribution, Bordelon said.

"It's a big logistical move," said Sgt. Dustin Guillory, a sniper with Headquarters and Headquarters Company, 3rd Bn., 156th Inf. Regt. and a Lake Charles, La., native. "We have to be a well-oiled machine to get this equipment out of here and turned in. We need everybody, in addition to their daily duties, to take time out to help us get this gear turned in." This turn-in is part of the big picture – facilitating the responsible drawdown and setting the conditions for the future success of Iraq, he said.



Soldiers with 3rd Battalion, 156th Infantry Regiment, 256th Infantry Brigade Combat Team, 13th Sustainment Command (Expeditionary) check serial numbers of items prepared for turn-in. The 256th IBCT has been chosen to turn in more than 17,000 pieces of theater provided equipment as part of the upcoming responsible drawdown of troops and equipment in Iraq.

15th Sust. Bde. hands mission off to 3rd Sust. Bde.

STORY AND PHOTO BY
STAFF SGT. ROB STRAIN
15TH SUSTAINMENT BRIGADE PUBLIC AFFAIRS

JOINT BASE BALAD, Iraq— The 15th Sustainment Brigade handed over the sustainment mission for United States Divisions – North and Center to the 3rd Sustainment Brigade

May 25 during a ceremony here.

The 15th Sust. Bde. assumed the sustainment mission Oct. 5, 2009.

"This ceremonial transition of authority is truly a significant moment in the history of our global war on terrorism," said Brig. Gen. Paul L. Wentz, commander of the 13th Sustainment Command (Expeditionary) and a Mansfield, Ohio native. "With this passing of colors, we begin to lay in the final pieces of the enduring footprint for our final phase of operations here in Iraq."

The sustainment mission in Iraq has seen a number of changes since October, including restructuring from five sustainment brigades in the country to just two, Wentz said.

"I especially want to credit the Wagonmaster Soldiers for the role they've played during this transitional period and for their



Col. Larry Phelps (left), commander of 15th Sustainment Brigade, 13th Sustainment Command (Expeditionary) and a Greenville, Ala., native, and Command Sgt. Maj. Nathaniel Bartee Sr., command sergeant major with the 15th Sust. Bde., case the brigade's colors during a transfer of authority ceremony May 25 at Joint Base Balad, Iraq. The 15th Sust. Bde. passed their sustainment mission to the 3rd Sust. Bde. during the ceremony.

courage to take on more responsibilities than any other sustainment brigade in the history of Operation Iraqi Freedom," Wentz said.

Since October, the 15th Sust. Bde. has integrated the capabilities of seven different Combat Sustainment Support Battalions and their Special Troops Battalion, totaling nearly 7,000 Soldiers, located on 25 different

bases throughout northern and central Iraq, Wentz said.

The 15th Sust. Bde. had been training for this deployment for a long time by supporting the units at Fort Hood, Texas, before the unit deployed, said Col. Larry Phelps, commander of the 15th Sust. Bde. and a Greenville, Ala., native.

"It has all come to fruition on this day," Phelps said.

Phelps thanked the commanders and Soldiers of each of the brigade's previous subordinate units.

"They can rest assured in the knowledge that they made a difference and made every day better," Phelps said.

During the ceremony, the brigades' Special Troops Battalions also transferred authority, passing Habur Gate and the country's finance and human resources missions over to the 3rd STB, said Lt. Col. Paula Lodi, the 15th STB's commander.

The special troops battalion will still focus on redeployment missions and the closure of Contingency Operating Base Q-West, Iraq, Lodi said.

Many of the battalion's staff members and Soldiers were absent from the ceremony in order to continue those missions.

"I am in awe of what you are able to accomplish individually and collectively on a daily basis throughout this tour," Lodi said.

Phelps thanked the 3rd Sust. Bde. command team for making the transition an easy one, and offered a little insight to their future.

"The meek may inherit the Earth, but the 3rd SB gets the mission," Phelps said. "We know you will do a great job."



Sgt. Jack Crews (right), a truck commander with Regimental Fires Squadron, 278th Armored Cavalry Regiment, 13th Sustainment Command (Expeditionary), and his son, Spc. Jason Crews, a driver with 1st Battalion, 28th Infantry Regiment, 4th Infantry Brigade Combat Team, 1st Infantry Division, meet May 9 at Contingency Operating Base Marez, Iraq.

Father, Son reunite while serving in Iraq



STORY AND PHOTOS BY
CAPT. KEVIN D. LEVESQUE
278TH ARMORED CAVALRY REGIMENT

CONTINGENCY OPERATING BASE MAREZ, Iraq— Sgt. Jack Crews, a truck commander with Regimental Fires Squadron, 278th Armored Cavalry Regiment, 13th Sustainment Command (Expeditionary), and his son, Spc. Jason Crews, a driver with 1st Battalion, 28th Infantry Regiment, 4th Infantry Brigade Combat Team, 1st Infantry Division, met in theater for the first time May 9 at Contingency Operating Base Marez, Iraq.

The last time Jack saw his son was August of last year and with Father's Day just around the corner, he was hoping to get together with him while they were both in the theater. When Jason's company commander found out that his father was in Iraq, he made arrangements for the reunion.

Jason graduated basic training in August 2008, and Jack knew something was special about his son when he saw him as a Soldier for the first time, he said.

Fighting back tears, he recalled the letter that Jason sent him while at basic training.

"He appreciated me for teaching him responsibility. At the time he thought I was ... being tough on him. But when he got to basic he saw the (purpose)," Jack said.

It was Jack that inspired his son to join the Army and it was a bit of a surprise that his son would inspire him years later. After a 10 year break in service, the 49-nine-year-old father of four from Mount Pleasant, Tenn. decided to re-enlist.

It was Jack that inspired his son to join the Army

Jason, also a Mount Pleasant native, remembered the many times his father would take him to the National Guard armory when he was growing up. He had always been around the military so joining the Army was a natural progression, he said.

He recalled that his father would let him climb on the military vehicles in the motor pool, he said.

"He was practically raised in the Guard," Jack said. "I joined the Guard in 1988 when Jason was born ... I have a picture of me holding him when I graduated (Primary Leadership Development Course)."

Jason and Jack said that of all the Family reunions, this one tops the list.

"Momma didn't like it," Jason said when asked what his mother thought about them both being deployed at the same time.

However, she won't have to wait too much longer, as both father and son are coming home soon.

Jack said he and Jason's mother planned to visit Fort Riley, Kan. to see their son when they both return from Iraq, but Jason quickly corrected his dad and said he actually plans to visit them in the Blue Ridge Mountains of Tennessee. Jack smiled at the news.

Whether they are in Tennessee, Kansas or Iraq, being together means they are not far from home for the Crews.

Provider Soldiers gather for night of fun, barbecue

STORY AND PHOTO BY
STAFF SGT. JOEL F. GIBSON
EXPEDITIONARY TIMES STAFF

JOINT BASE BALAD, Iraq-- Soldiers with Headquarters and Headquarters Company, 13th Sustainment Command (Expeditionary), gathered May 22 for a night of barbecue, relaxation and team building at the 13th ESC headquarters complex at Joint Base Balad, Iraq.



The event, an organizational day for the HHC, was intended to be a way for Soldiers to get together outside of work and interact prior to their pending redeployment, said 1st Sgt. Francis Halmsteiner, first sergeant with HHC, 13th ESC, and a Deddo, Guam, native.

The idea for an organizational day came together in April. "I was at the compound, talking to the commander, and she said we needed to do an organizational day," said Sgt. Austin Nightingale, an executive administrative assistant with HHC, 13th ESC, and a Missoula, Mont., Native.

Scheduling, when working with a group of Soldiers who run 24-hour operations, immediately became a challenge.

"It had to be at the (13th ESC headquarters), and it had to take place at night, so the day shift and night shift could both participate," Nightingale said.

Soldiers participated in card games, table tennis, checkers and played video games while enjoying barbecue catered by food service specialists who work at the dining facility here.

"It's a great idea to get everyone together so they can loosen up and relax," said Spc. Melissa Posey, an automated logistics specialist with the 13th ESC and Philadelphia, Miss., native.

"It's great, because we get a chance to (meet with) people from other sections," Posey said.

The theme of seeing people from other parts of the command was a fairly constant one for all participants, some of whom had not seen each other since the command deployed to Iraq from Fort Hood in July 2009.

"I think it's great for the command to bring everyone together outside of work and just give us a chance to socialize



with each other," said Capt. Anthony Lenze, an attorney with the 13th ESC and a Valencia, Pa., native.

While some Soldiers looked at the event as a way to meet with people they hadn't seen in awhile, or as a team-building exercise, most agreed that it accomplished the job of helping people relax.

"It's a great distraction, to be able to forget about the hustle and bustle of work for a few hours and just have a good time and good food with fellow Soldiers," said Spc. Martha Bolt,

Sgt. Maj. Jerry M. Charles (right), plans noncommissioned officer-in-charge with the 13th Sustainment Command (Expeditionary) and a Hempstead, N.Y., native, ponders a move during a game of checkers May 22 at an organizational day at the command headquarters at Joint Base Balad, Iraq.

a paralegal with HHC, 13th ESC, and Managua, Nicaragua, native.

Hokies help drawdown Iraq

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

JOINT BASE BALAD, Iraq-- Twenty-five years after the commencement, 6,000 miles away from Blacksburg, Va., two Virginia Tech Hokies met again.

Col. Gary Toney, chief of staff with the 13th Sustainment Command (Expeditionary) and a Dillwyn, Va., native, and Col. David DeMartino, mayor of Joint Base Balad and commander of the 332nd Mission Support Group, 332nd Air Expeditionary Wing and a Lorton Va., native, were part of the Virginia Tech Corps of Cadets in the mid-1980s.

During their tenure at Virginia Tech, Toney was part of the Virginia Tech Regimental Band, also known as the Highty Tighties, and DeMartino was the commander of 2nd Battalion.

Though they weren't friends in school because they were in different cadet units, they had a few mutual friends.

"We have a friend, Col. Jan Hooper-Smith, and I worked with her my senior year and she was in the band with Col. Toney," said DeMartino, who graduated from Virginia Tech with a bachelor's degree in civil engineering in 1986.

Upon deploying to Joint Base Balad, Iraq, in support of Operation Iraqi Freedom, they quickly formed camaraderie based upon their shared history.

"We did not know each other very well in college, but the closeness of working together here built our friendship," Toney said, who graduated with a degree in education from Virginia Tech in 1985.

The job of coordinating support for thousands of personnel falls to the leaders of the Army and Air Force units here, including Toney and DeMartino.

"Taking care of 25,000 — providing food, billeting, roads, public works, logistics readiness, supply and a myriad of other day-to-day things — is not an easy task," DeMartino said.

With the upcoming responsible drawdown set to begin, the logistician's job is all the more complicated.

"We have to continue supporting 25,000 personnel while trying to figure out how to get 6-years-worth of stuff out of here," DeMartino said. "The biggest challenge is juggling these issues."

Here at Balad, the 13th ESC and the 332nd AEW work hand-in-hand to provide for military and civilian personnel.

"Over the course of this deployment, our actions have certainly left a mark in U.S. and Iraqi military history, providing command and control to Soldiers, Sailors and Airmen,



Col. Gary Toney (left), chief of staff with the 13th Sustainment Command (Expeditionary) and a Dillwyn, Va., native, and Col. David DeMartino, mayor of JBB and commander of the 332nd Mission Support Group, 332nd Air Expeditionary Wing and a Lorton Va., native, were part of the Virginia Tech Corps of Cadets in the mid 1980s.

spread across Iraq, (and) ensuring our forces receive world-class logistics support, as well as moving over 90,000 people out of Iraq," Toney said.

With the stage set for the president's drawdown plan in Iraq, the 13th ESC is preparing for a battle hand-off to the 103rd Sustainment Command this summer, when the 13th ESC will redeploy to Fort Hood, Texas.

Following redeployment, Toney, an aviation officer, will be moving on to an assignment at the Pentagon as the Army G4's Aviation Division Chief.

After more than 12 months here at Balad, DeMartino, an engineer officer, will be moving on to an assignment in San Antonio.

They said no matter where they go, they will take their friendship and brotherhood as Hokies and service members with them.



Sgt. Chelsie Kirkland, an intelligence analyst with the Regimental Troop Squadron, 278th Armored Cavalry Regiment, 13th Sustainment Command (Expeditionary) and a Murfreesboro, Tenn., native, passes out shoes to an Iraqi boy May 25 during a humanitarian mission in Taji, Iraq.

278th ACR provides humanitarian aid to Taji

STORY AND PHOTOS BY
SGT. MICHAEL CARDEN
EXPEDITIONARY TIMES STAFF

CONTINGENCY OPERATING BASE

TAJI, Iraq— Soldiers with Regimental Troop Squadron, 278th Armored Cavalry Regiment, 13th Sustainment Command (Expeditionary) conducted a mission May 25 to Taji, Iraq to hand out food and clothing to the local community while also collecting human intelligence.

The two-dimensional operation, was organized and overseen by Master Sgt. Melvin Brown, liason with the Iraqi Army for the 278th ACR and a Whites Creek, Tenn., native.

“The humanitarian aid part of (the mission) speaks for itself ...but it is also an information and counter-insurgency operation,” Brown said. “It is an attempt to gather human intelligence for any potential emerging threats that we are unaware of and also to help plan and coordinate future humanitarian aid projects.”

Sgt. Chelsie Kirkland, an intelligence analyst with RTS, 278th ACR and a

Murfreesboro, Tenn., native, assisted with the mission by passing out supplies and speaking with citizens to determine their attitudes toward U.S. forces.

“We got to talk to some of the villagers about how they felt about how security goes in and around the area,” Kirkland said. “To see if there are any direct threats, to try to learn things that support our intelligence mission.”

Kirkland also stressed the importance of humanitarian missions like this, as they increase the likelihood that the populace would be more forthcoming with information in the future.

they believed in the necessity of the mission

while some Soldiers spent their own money to provide school supplies. Pallets of nonperishable canned and dry goods were donated as well.

The village of Taji, which is located adjacent to COB Taji, is home to about 3,000 people.

“Back in the early years, (troops) inter-

acted with them during insurgent raids, doing sweeps,” Brown said. “Those are pretty negative encounters. Humanitarian missions on the other hand, are pretty positive.”

It helps the Iraqis, but it is also good for the Soldiers. The Soldiers with RTS, 278th ACR volunteered to be a part of the mission because they believed in the necessity of the mission and what it would accomplish; easing the hardship of poverty and

improving the relationship between Iraqis and U.S. forces, Kirkland said.

“These types of missions are important because they aid people that are greatly in need,” Brown said. “Beyond that, it gives them a better feeling about their interactions with (Soldiers) and the presence of American forces here.”

Army doctrine now directs Soldiers to provide humanitarian aid whenever possible, it is all part of asymmetric warfare — impress upon the Iraqi people that the U.S. forces are in place to help and provide a stabilizing force during the rebuilding, he said.

Brown coordinated with COB Taji’s quick reaction force to provide security for the operation, also giving the QRF an opportunity to check the perimeter of the base for any potential breaches in the wire. He said the presence of the QRF was necessary for the success of the mission as well as conveying a sense of protection for the villagers receiving the aid.



Sgt. Chelsie Kirkland, an intelligence analyst with Regimental Troop Squadron, 278th Armored Cavalry Regiment, 13th Sustainment Command (Expeditionary) and a Murfreesboro, Tenn., native, passes out clothing to Iraqi children May 25 during a humanitarian mission in Taji, Iraq.



More than 20 Soldiers with the 256th Infantry Brigade Combat Team, 13th Sustainment Command (Expeditionary) arrive May 15 to support the cause in finding a cure for breast cancer by running the 5-kilometer Susan G. Komen Race for the Cure around Z Lake at Camp Liberty, Iraq.

Tiger Brigade troops run for the Cure

STORY AND PHOTOS BY
SPC. AMY L. BARBER
256TH IBCT PUBLIC AFFAIRS

CAMP LIBERTY, Iraq— Twenty-eight years after Nancy G. Brinker founded an extraordinary movement against breast cancer to fulfill a promise to her sister, Susan G. Komen, Soldiers with the 256th Infantry Brigade Combat Team, 13th Sustainment Command (Expeditionary) supported the cause by participating in the annual Race for the Cure May 15, thousands of miles from home, at Camp Liberty, Iraq.

Louisiana National Guard troops with Headquarters and Headquarters Company, 256th IBCT and the 199th Garrison Command, along with about 1,600 other entrants at Victory Base Complex took part in one of the world's largest fundraising events dedicated toward finding a cure for cancer.

Two affiliate Susan G. Komen Race for the Cure events occurred the same weekend back in Louisiana. One race took place in the Tiger Brigade's hometown, Lafayette, La., while another was held in Baton Rouge, La.; more than 10,000 participants ran in the events.

"It's a great cause and we just wanted to come here and support it," said Maj. Mark W. McCoy, a logistics officer with the 199th and a Pineville, La., native. "We just wanted to do our part."

Spc. Becky L. Willis, a unit armorer with HHC, 256th IBCT and a St. Martinville, La.,

native, said she understands the premise behind the race and its importance regarding breast cancer.

"I have known many people with cancer," she said. "Those persons eventually passed away and were no longer a part of my life. I wanted to run to give my utmost support to the cause and give remembrance to those I knew who are now gone due to cancer."

Sgt. Shelley L. Landry, the executive administrative noncommissioned officer with the 199th and a Lafayette La., native, said as long as she is able, this event is one she will always support.

"I never pass up an opportunity to participate in the Susan G. Komen race no matter where I am on this earth, because it is such a great cause," she said. "I have had several Family members and friends affected by breast cancer, some have lived to tell their story and some did not. It is a cause that is near and dear to my heart and it was very heart-warming to see so many people show up for this race."

Deployed Soldiers who participated in the race at VBC raised more than \$4,000 in donations, said Staff Sgt. Shari M. Camper, a data systems integrator with the 16th Engineer Brigade and a Columbus, Ohio, native.

Camper indicated that there were so many participants that the start of the race was delayed by 30 minutes to accommodate the estimated 1,400 race enthusiasts. Registration halted as supplies, such as pink breast cancer bibs, were no longer available. A grand total of more than 1,600 troops lined up at the starting line.

Donations to the foundation can be made at www.komencolumbus.org/ komen-race-for-the-cure/donate/grassroots.



Sgt. Shelley L. Landry, the executive administrative noncommissioned officer with the 199th Garrison Command, 256th Infantry Brigade Combat Team, 13th Sustainment Command (Expeditionary) and a Lafayette La., native, shows her support for breast cancer research May 15 by running in the 5-kilometer Susan G. Komen Race for the Cure around Z Lake at Camp Liberty, Iraq.





University of Maryland University College Europe Vice President Allan J. Berg (right) congratulates a graduate May 17 at the Al Faw Palace, Camp Liberty, Iraq.

Service members earn degrees while deployed

STORY AND PHOTOS BY
SGT. CHAD MENEGAY
EXPEDITIONARY TIMES STAFF



A graduate (right) receives an education center certificate awarded by Brig. Gen. Donald J. Currier (center), commander of the 49th Military Police Brigade, and Carolyn L. Baker (left), chief of continuing education programs, Office of the Secretary of Defense.

VICTORY BASE COMPLEX, Iraq— About 70 service members were recognized for attaining higher education degrees at a college graduation ceremony May 17 at the Al Faw Palace at Camp Liberty, Iraq.

The degrees ranged from associates to doctorates. Around 100 friends and co-workers attended the military ceremony to celebrate civilian achievements.

The crowd, at times, let loose with chants and cheers as individuals crossed the stage. Some graduates raised their arms and pumped their fists in victory. Many hugs, smiles and handshakes were exchanged during the ballroom reception that followed.

Personnel at the Army Continuing Education Systems education centers at Joint Base Balad, Iraq, and Victory Base Camp, Iraq, did the majority of the logistical work for the event, to include lining up VIPs and keynote speakers Brig. Gen. Donald J. Currier, commander of the 49th Military Police Brigade, and Carolyn L. Baker, chief of continuing education programs, Office of the Secretary of Defense.

Patricia Davis-Mullins, an education services officer for the Army ACES program, said she selected Currier because he is a Soldier who has come up through the ranks, from private to general.

“He is the ultimate Soldier for education,” Davis-Mullins said, “because he’s gotten his doctorate degree. He’s worked the system.”

1st Lt. John Saindon Jr., environmental officer with the 13th Sustainment Command (Expeditionary), and a Wichita, Kan., native, was awarded a doctorate of health science from Nova Southeastern University.

Saindon said that while serving as the environmental officer on this deployment, he actually took his final classes.

“Part of the degree encompassed environmental and occu-

pational science classes,” Saindon said. “So along with that, the courses assisted with developing strategies and plans for the environmental considerations while serving in Iraq.”

Education centers here in Iraq help facilitate classes and tests for the continued higher education of deployed service members.

“We are here to provide morale, support, professional development and well-being for service members,” Davis-Mullins said. “We’re all about educating our Soldiers. We are an organization that makes an impact on peoples’ lives.”

Saindon said the most helpful resource was having a stable Internet connection that the education centers provided.

“I needed to correspond with my instructor and other students, to download my assignments,” Saindon said.

“I try to encourage my Soldiers to use some free time while they’re out here, to take advantage of some of the benefits that the Army does offer,” said Sgt. 1st Class Benjamin Nebroski, a postal noncommissioned officer and platoon sergeant with the 387th Human Resources Company, 15th Special Troops Battalion, 15th Sustainment Brigade, 13th Sustainment Command (Expeditionary), and a Strong, Pa., native.

Nebroski earned his associates of arts in general studies from the University of Maryland after 10 years and having attended multiple universities.

“It’s a matter of taking time out to dedicate to civilian studies,” Nebroski said.

A lot of Soldiers say, “you know, I just don’t have time,” he said. “I say, try to dedicate the time and put forth the effort. It’ll pay off in the end.”

Davis-Mullins said study time directs Soldiers’ minds away from the potential negative thoughts of deployment.

“I always tell commanders that we’re their secret weapon to keep Soldiers occupied. People that are going to school are not depressed. They don’t have time to be,” she said.

BJEC extends opportunity for growth

Let's talk aspirations. The bottom line is that while on deployment, service members have an opportunity to continue on their personal path to educational heights. The Black Jack Education Center is available to all service members who seek personal advancement, whether through GED testing, certificate programs or college accredited courses. The BJEC is located on Mule Skinner Road, near Victory Loop, building 6870, Joint Base Balad, Iraq. On-site summer classes are beginning soon, so there is still time to register.



BJEC counselors also support several forward operating bases and contingency operating bases throughout Iraq. For more information, visit the BJEC Monday through Sunday during the hours of 8 a.m. and 10 p.m., call 318-433-2099, or e-mail baladcounseling@iraq.com.

CENTRAL TEXAS COLLEGE
Education for The Individual

Program	Course #	Course Title	Course Dates	Days	Times	Instructor
Applied Management	MGMT 101	Introduction to Business	July 12 - July 26	Mon-Fri	11:00-12:00	Dr. [Name]
Criminal Justice	CJ 101	Principles of Criminal Justice	July 12 - July 26	Mon-Fri	11:00-12:00	Dr. [Name]
Criminal Justice	CJ 102	Investigation of Sexual Abuse	July 12 - July 26	Mon-Fri	11:00-12:00	Dr. [Name]
Criminal Justice	CJ 103	Topics for Parents	July 12 - July 26	Mon-Fri	11:00-12:00	Dr. [Name]
Applied Management	MGMT 102	Fundamentals of Leadership	July 12 - July 26	Mon-Fri	11:00-12:00	Dr. [Name]
Applied Management	MGMT 103	Job Performance and Motivation	July 12 - July 26	Mon-Fri	11:00-12:00	Dr. [Name]
Criminal Justice	CJ 104	Introduction to Criminal Justice	July 12 - July 26	Mon-Fri	11:00-12:00	Dr. [Name]

Expeditionary Times...The Legend Continues

EMBRY-RIDDLE AERONAUTICAL UNIVERSITY
TERM V SCHEDULE
Local Classes BALAD

Course Title	Location	Section/Prerequisites	Course Dates	Meeting Days & Times	Credits
MAINT 101 - Aircraft Maintenance	Embry-Riddle	MAINT 100	July 12 - July 26	Mon-Fri 11:00-12:00	3
MAINT 102 - Aircraft Maintenance	Embry-Riddle	MAINT 101	July 12 - July 26	Mon-Fri 11:00-12:00	3
MAINT 103 - Aircraft Maintenance	Embry-Riddle	MAINT 102	July 12 - July 26	Mon-Fri 11:00-12:00	3

Expeditionary Times...The Legend Continues

University of Maryland Balad
REGISTRATION IS OPEN!

Course #	Course Title	Location	Section/Prerequisites	Course Dates	Meeting Days & Times	Credits
EDUC 101	Introduction to Education	Balad	EDUC 100	July 12 - July 26	Mon-Fri 11:00-12:00	3
EDUC 102	Introduction to Education	Balad	EDUC 100	July 12 - July 26	Mon-Fri 11:00-12:00	3
EDUC 103	Introduction to Education	Balad	EDUC 100	July 12 - July 26	Mon-Fri 11:00-12:00	3

Summer School - On-Site Classes

Expeditionary Times...The Legend Continues

Confidence, leadership, appearance, resilience First women's symposium features comprehensive Soldier fitness

STORY AND PHOTOS BY
SGT. DAVID A. SCOTT
EXPEDITIONARY TIMES STAFF

CONTINGENCY OPERATING BASE ADDER, Iraq—



A newly introduced holistic program of fitness for the Army was part of a women's professional development conference hosted May 22–24 here.

The theme of the first Women's Noncommissioned Officers Symposium was "Celebrating the Past, Present and Future." About 90 Soldiers gathered in Memorial Hall at COB Adder under the direction and guidance of a committee of eight female noncommissioned officers with the 36th Sustainment Brigade, 13th Sustainment Command (Expeditionary).

Comprehensive Soldier fitness, a new program for the Army, was started last year under the direction of Gen. William Casey Jr., Army chief of staff, and focuses on the five dimensions of strength, including emotional, social, spiritual, Family and physical strength.

Resiliency training is an integral part of this new Army-wide program. Soldiers who deliver this instruction to Army units are known as master resilience trainers. In order to achieve this certification, master resilience trainers must go through the Master Resilience Training Course taught at the University of Pennsylvania in Philadelphia. The course was adapted from the positive psychology program at the university, and the 1,000th master resilience trainer graduated in May.

The symposium's topics are contemporary and apply to all Soldiers, said Command Sgt. Maj. Elizabeth Shockley, command sergeant major with the 36th Sust. Bde. and an El Paso, Texas, native.

"Confidence, leadership, appearance and resilience," said Shockley, who started her military career in the Army National Guard more than 25 years ago as a field artillery repair specialist. "If you think about these four topics, they're important for any Soldier."

The intended audience for the event was the female noncommissioned officer. The committee sponsoring the event chose to showcase senior female enlisted leaders from all across Iraq. The

two-day course was structured into four major segments, with each segment composed of a lecture portion, a group exercise portion and a discussion portion.

Master Sgt. Verena N. Harris, property book office noncommissioned officer-in-charge with the brigade and a Utica, N.Y., native; Sgt. 1st Class Pamela Bleuel, fragmentary order manager, also with the the 36th Sust. Bde. and a Louisville, Ky., native; and Master Sgt. Sandra Williams, noncommissioned officer-in-charge of the regional contracting center with the Joint Contracting Command-Iraq in Tallil, Iraq, and an Oxnard, Calif., native, moderated the sections on confidence, appearance and leadership respectively.

"We have sergeants major, master sergeants and sergeants first class who are going to be available to discuss these topics and after each topic there will be breakout sessions where important dialogue can be generated," Shockley said.

Shockley had attended a similar course at Contingency Operating Base Warhorse, Iraq and decided it made sense to bring this training to COB Adder, both as a professional development seminar and as a feedback mechanism, she said.

"One of the reasons that I agreed to attend and why I think this event here on COB Adder is important for noncommissioned officers, is we get to hear what's important to our Soldiers (with regard to) each of these topics," Shockley said. "So here we have an excellent opportunity and environment where they're with their peers. They're with Soldiers from other units and ... the organizational structure is out of the way ... We're hearing what they're thinking and what's important to them. As NCOs we should never stop listening to our Soldiers."

Master Sgt. Katrina Carter, master resilience trainer, Surgeon Section, 1st Infantry Division and a St. Louis native, taught the resilience section of the conference. Carter, a 23-year Army veteran, is a December 2009 graduate of the second class of the Master Resilience Training Course.

"I have been teaching this since the first week of February," she said. "Normally I do after action reports after I teach and right now, of the 2,800 Soldiers who have attended my course, 98 percent of those AARs are positive."

Carter emphasized that dealing with the highs and lows of deployment and trying to get through



Sgt. Teresa Carter, a motor transport operator with the 108th Quartermaster Company, 110th Combat Sustainment Support Battalion, 36th Sustainment Brigade, 13th Sustainment Command (Expeditionary) and a Maple Hill, N.C., native, gives a summary of her group's discussion May 23 during the resiliency training portion of the Women's Noncommissioned Officers Symposium at Memorial Hall on Contingency Operating Base Adder, Iraq.

Features
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WOMEN
S. ARMY



the unique challenges that deployments present is the reason for teaching resiliency.

“Right now, we are trying to teach them how to bounce back from adversity; how to deal with life’s challenges,” she said. “Right now, it’s not so simple for them. You have a wife back home on the phone saying ‘I’m getting ready to leave.’ You can’t simply send that Soldier home to deal with the situation. Instead you’ve got to continue on with your mission.”

Master Sgt. Dorothea Goodson, administrative and operations noncommissioned officer-in-charge with Headquarters and Headquarters Company, 13th ESC and a Chicago native attended the event after hearing from a friend at COB Adder, she said. “It is awesome I am glad the Army has come to this,” Goodson said.

Goodson said current symposiums never address issues that are of interest to her and that she was in favor of having more professional development programs for females.

“We should have more women’s symposiums,” she said. “You know the Army is predominantly male, so it would be nice, even outside of this theater of operations, even back at home station, to have something like this. We have Women’s History Month and things like that, but never a symposium dedicated to training, coaching, and mentoring female Soldiers in the Army.”

Goodson encouraged having a similar symposium at Joint Base Balad, Iraq as well.

Sgt. Teresa Carter, a motor transport operator with the 108th Quartermaster Company, 110th Combat Sustainment Support Battalion, 36th Sustainment Brigade, 13th ESC and a Maple Hill, N.C., native, served on the committee that coordinated the symposium.

Resiliency is an important topic to her because of her own personal experiences during deployment. Her usual duty is petroleum supply, but she volunteered to drive trucks during this deployment — her fourth to Iraq, she said.

“Resilience is having the strength to continue on, after going through something extreme as a death

in the Family and having the ability to continue to push forward,” Sgt. Carter said.

Sgt. Carter said the training received at the symposium was relevant and useful and thinks she might even want to arrange an event with similar

topics in the future.

“I am going to take everything that I have learned today about the preparation of (the symposium) back to my unit and back to future Soldiers,” she said.

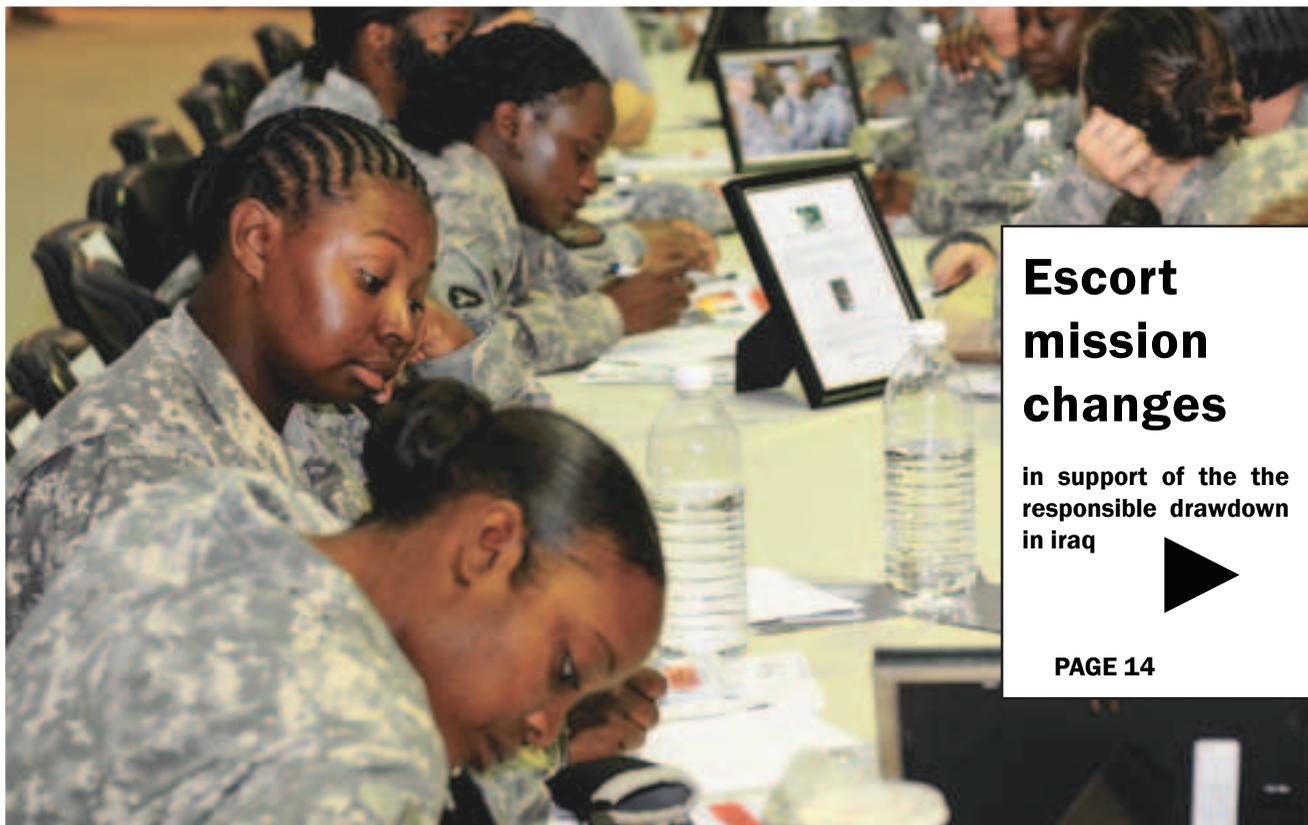
Shockley wants symposiums like this to develop into a larger dialogue about issues and concerns that are of importance to female noncommissioned officers, like appearance and resiliency, she said.

Shockley said she feels confident the symposium here at COB Adder is only the end of the beginning of this conversation.

“I hope there’s not an end-state,” Shockley said. “Dialogue, I hope is generated here, and attitudes that are changed toward each of the topics, I hope continues. I hope also for some of the female leaders here who are attending ... They can take away the things they liked about this event and do similar things in their own organizations.”

we are trying to teach them how to bounce back from adversity; how to deal with life’s challenges

Soldiers attending the Women’s Noncommissioned Officers Symposium participate in a group discussion May 23 during the resiliency training portion of the conference at Memorial Hall on Contingency Operating Base Adder, Iraq. The four-topic program consisted of a block of instruction, group discussion and feedback for each subject.



Escort mission changes

in support of the the responsible drawdown in Iraq



PAGE 14

Convoy escort team assists in drawdown

STORY AND PHOTO BY
SGT. KIMBERLY JOHNSON
EXPEDITIONARY TIMES STAFF

AL ASAD AIR BASE, Iraq— A convoy appears as shadows in the night. It is halted along its route through Iraq, waiting hours for a roadside bomb to be cleared. Infantrymen peer deep into the darkness; their vision and alertness an impenetrable shield for fellow Soldiers.



That can be the setting for any mission for Soldiers with 3rd Battalion, 156th Infantry Regiment, 256th Infantry Brigade Combat Team, 13th Sustainment Command (Expeditionary), who provide security for theater assets being moved from base to base.

“Our job is to protect base supply lines,” said Staff Sgt. Gabriel Rhodes, convoy commander with B Company, 3rd Bn., 156th Inf. Regt., and a Shreveport, La., native.

As the upcoming responsible drawdown in Iraq begins, more equipment used in Operation Iraqi Freedom is reallocated to different areas in the U.S. Central Command theater of operations, while some is sent back to the United States. The U.S. military ensures the safe delivery of mission essential equipment to its final destination. Third Bn., 156th Inf. Regt. is one unit that provides security to facilitate the safe accomplishment of such missions.

“As we pull resources out (of theater), we consolidate them to the collection point,” said 1st Lt. Donald R. Bolton, platoon leader with B Co., 3rd Bn., 156 Inf. Regt. and a Pollock, La., native. “We escort the trucks that haul the resources, so we directly affect the drawdown.”

Because of the responsible drawdown of troops and equipment in Iraq, the mission of 3rd Bn., 156th Inf. Regt. is evolving.

During the last few convoy escort missions the unit conducts, it will incorporate training with the unit taking over its mission.

The transition represents an adequate change of pace. It symbolizes a halfway point of our deployment. Soldiers with 3rd Bn., 156th Inf. Regt. have been performing convoy missions for the first half of their tour, and now they have a new mission for the second half. The guys are excited about doing something different, Bolton said.

With the change in mission, the unit is responsible for turning in all the equipment they will no longer need. The 256th IBCT has been tasked with turning in more than 17,000 pieces of equipment and 3rd Bn., 156th Inf. Regt. has a role in that process, he said.

“Our unit specifically has to turn in all the equipment we’ll no longer need,” Bolton said. “That’s one of our big tasks. We have to turn in all the equipment units have been using for years. It’s a huge part of our transition.”

Although convoy security missions are coming to a close for Soldiers with 3rd Bn., 156th Inf. Regt., it is critical to stay cautious of the dangers of the roads, Rhodes said.

Fortunately, his convoy escort team has never been hit by a roadside bomb. The Soldiers have covered thousands of miles, remaining aware and vigilant and constantly rehearsing combat drills to stay disciplined and prepared.

“I constantly remind them of how real it is,” Rhodes said. “Bad things happen when you are in a war zone. I remind them of that. They know it’s real. They don’t get complacent that way.”

I CONSTANTLY REMIND THEM OF HOW REAL IT IS. BAD THINGS HAPPEN WHEN YOU ARE IN A WAR ZONE.

1st Lt. Donald Bolton (center), platoon leader with B Company, 3rd Battalion, 156th Infantry Regiment, 256th Infantry Brigade Combat Team, 13th Sustainment Command (Expeditionary) and a Pollock, La., native, adjusts his improved outer tactical vest May 23 as his platoon prepares to depart Al Asad Air Base, Iraq, providing security for a convoy carrying mission essential supplies through Iraq.

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

THE 13TH AIRBORNE
SUSTAINMENT COMMAND (EXPEDITIONARY)

SUPPORT PROVIDED TODAY TOMORROW

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

R RESTRICTED
No one under 17
without parental supervision

Blown fuse = Good day

SGT. MICHAEL CARDEN
EXPEDITIONARY TIMES STAFF



A flip of the switch, a flash, a pop, the smell of smoke — these things can all accompany a blown fuse. All too often cries of distress or cursing in frustration also accompany the situation. However, fret not. A blown fuse is actually a cause for rejoicing at best, or a minor delay at worst. Before I get into why, let's discuss what a fuse is and what it does.

A fuse is, simply put, a little piece of metal that gets hot when an electric current goes through it. If there is too much current, it gets too hot and melts, breaking the flow of electricity. For example, if you have a fuse made for the 110 volts that U.S. appliances are rated for, and you plug it into a 220-volt outlet, your fuse should blow out immediately, turning off the electronic device in the process.

Here's the beautiful part—a fuse is normally built into a device at the point where the power cord enters the machine. If the current is too much, the fuse will fail before the overload of electricity can damage the delicate components deeper in the machine.

Now for a scenario from my life, there is a very nice 32-inch high-definition television that runs on 110 volts. The previous owner mistakenly plugged directly into the wall outlet in the office, all of which push 220 volts. In short, it received twice as much power it need to run and got electrocuted.

All is not lost however. It is the work of but a few moments (and a Phillips head screwdriver) to take off the back panel and survey the carnage. Like a hero jumping on a hand grenade, the brave little fuse took the current meant for the rest of the television and promptly failed, shorting out and protecting the main hardware.

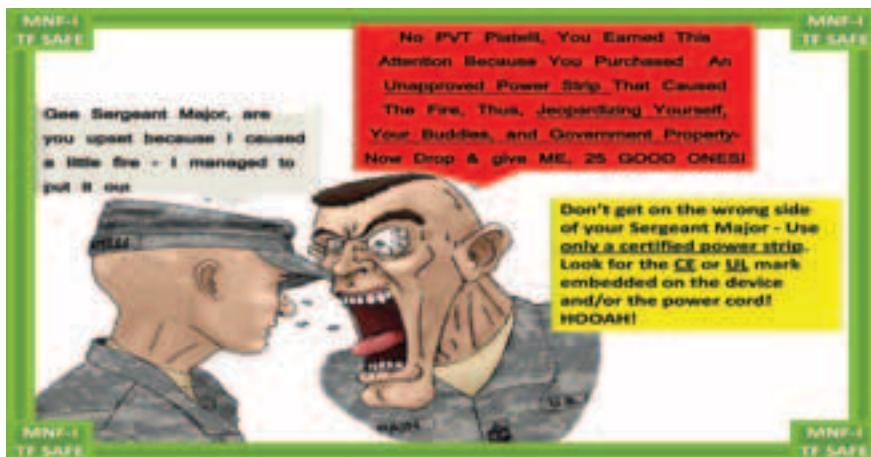
Shopping for the proper replacement fuse took some time, but it's the nature of the dilemma.

With the surgery complete, the moment of truth had arrived and I plugged the television into a 110-volt, and correct, outlet. As if nothing had happened in the first place, my \$400 set came to life at the cost of a 50-cent fuse.

Most modern televisions and electronics will have fuses built into the device to protect them from overloading, however not all do. Be sure to read the directions and check the back panel of your electronics to see what voltages they can handle and where the fuses are located.

Common fuses can often be found at the post exchange or ordered off the Internet. Always be sure you get one that matches the rating of your equipment. Replacing a fuse is as simple as gently removing the old one and placing a new one in its slot.

It can be frustrating when a fuse blows, but it's not the end of the world. With patience you can revive electronics that previously were headed to the scrap yard. A little bit of know-how can go a long way. Although sometimes it's not what you know, but who you know. Hopefully, knowing me can help make your life just a little bit easier.



Turnover page 1 cont.

found insurgents operating in the area and was able to determine friend from foe, he said.

"(The) main thing I discuss with the coalition forces is how to win the people beside us by giving them jobs," Mohammad said.

In those early days, he invited area leaders and U.S. military leaders to his home to discuss local issues and he continues to do so today he said.

Mohammad said much has improved in Iraq and in his local area. He praised the Iraqi government for attempting to rid the country of corruption and claimed that voters are beginning to elect those who are not corrupt.

"In the next parliament I believe the corruption will be down 50 to 60

percent," he said.

With the help of coalition forces, 20 schools and a clinic were built in the region since 2003, Mohammad said.

"We will all miss this place. I think there's something very special about this area, and I'm happy that someone who cares about the area will be in charge," Phelps said.

Mohammad invited the leaders to his home at a later time to continue to discuss the future of the area. He also mentioned he would be happy if Phelps and his other U.S. military friends could visit him in the future.

"I think we could all count ourselves as successful when I can visit without this," Phelps said, pointing to his own uniform.

Word on the street

What do you miss most about home?



"Going out and eating Chinese Food"

Pvt. Kimberly Robinson, 16th Signal Company, 62nd Signal Battalion, 11th Signal Brigade, and a Warrenville, S.C., native.



"I miss being there for my daughter's first birthday"

Pvt. Robert Brown, C. Battery, 137th Field Artillery Battalion, 3rd Brigade, 2nd Infantry Division, and an Alden, Mi., native.



"My wife and Jadah, my dog"

Staff Sgt. John Suzuki, 332nd Expeditionary Maintenance Group, and a Little Rock, Ark., native.



"Small things like grass, trees and fresh air"

Pfc. Robert Simmons, Bravo Detachment, 15th Finance Company, 82nd Financial Management Battalion, 3rd Sustainment Brigade, 13th Sustainment Command (Expeditionary), and a Detroit, Mi., native.



"Family and spending time with my daughter"

Pfc. Michael Vaughn, 1st Maintenance Company, 373rd Combat Service Support Battalion, 3rd Sustainment Brigade, 13th Sustainment Command (Expeditionary), and a Salas, Ark., native.

THEATER PERSPECTIVES

“As we transition to an Iraqi lead and bring our troops home, our commitment to the Iraqi people endures. We will continue to advise and assist Iraqi security forces, who are already responsible for security in most of the country.”

President Obama, to the graduating class and guests in his commencement address May 22 at the U.S. Military Academy at West Point, on the U.S. commitment to set the conditions for the future success of Iraq

“The president will continue to take action directly at terrorists like Awlaki and keep our country safe from their murderous thugs.”

White House spokesman Robert Gibbs on the president’s intent to persevere in the pursuit of al-Qaeda members, referencing Awlaki, the American-born cleric who inspired Fort Hood shooter Nidal Hasan

“The challenge is to consolidate the gains that have been made in recent years and not allow armed groups and other spoilers to exploit the situation.”

United Nations Secretary General Ban Ki-Moon on the importance of the effective and efficient formation of the Iraqi government

“I have decided not to let the political and security situation affect our dedication to restoring Iraq’s cultural life.”

Chief conductor Karim Wasfi of the Iraqi National Symphony Orchestra on the resilience of the arts in Iraq

“He [Sistani] does not support a certain bloc or oppose any bloc. He does not have a veto against any side...he stresses the need to accelerate the formation of the government.”

Former Iraqi Prime Minister Ayad Allawi on a party meeting with Grand Ayatollah Ali as-Sistani and the Shi’a cleric’s wishes for the future success of Iraq

DIRTY LAUNDRY

KBR, Inc. compiled the following statistics regarding items left in laundry turned in at facilities on Joint Base Balad since the beginning of 2010.

\$983



173 credit cards



163 badges and ID cards



137 USB drives



FITNESS CORNER

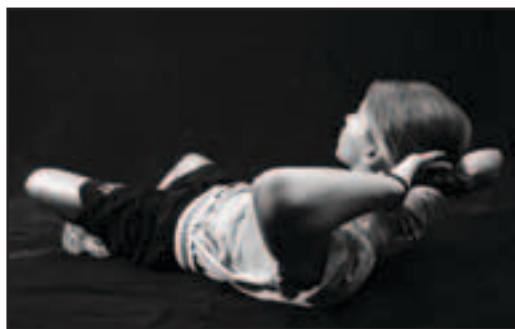
Ab Focus Week



Jack Knife

Start in the supine position, with your legs straight, six inches off the ground. Extend your arms overhead, also off the ground. Balance on your butt and slowly bring your knees into your chest. Simultaneously bring your arms toward the outside of your knees. Then extend your legs back out, keep your feet six inches off the ground. Lower your upper body down toward the ground and extend your arms back overhead, keeping your head off the ground. Perform three sets of 20 repetitions.

Advanced: Instead of bending your knees into your chest, keep your legs straight and raise your legs toward your chest forming a “V” shape with your body.



Crossed Leg Crunch

Start in a supine position, with your legs criss-crossed on the ground. Interlock your fingers behind your head. Crunch upward, keeping your chin off your chest and elbows in line with your ears. Lift your upper body off the ground, hold for two seconds, then lower back down. Perform three sets of 20 repetitions.

Advanced: While in the “up” position twist your upper body right and left. Then lower back down.



Hip Hike

Lie in a supine position with your legs extended up in the air, with your feet together. Place your hands underneath your hips. Lift your hips off the floor and pretend to “stomp the ceiling” with your feet. Slowly lower your hips back down, avoiding a rocking movement. Perform this movement slowly. Perform three sets of 20 repetitions.

Advanced: Add in leg raises to the movement. After lowering your hips back down, slowly lower your legs almost to the ground to the floor, keeping six inches between your feet and the floor. Again, avoid a rocking movement.

The power of protein

What do you think of when you hear the word protein? Maybe you think you think of body builders gulping down the latest and greatest protein shake that promises massive muscles. Perhaps you think of the latest dieters gobbling down protein bars and shunning pasta in hopes of quick weight loss. It's time to cut to the “meat” of the facts that surround protein.

What is it and why do you need it? Protein is an essential component of your diet, just like water. Protein is comprised of 20 amino acids, which are your body's basic building blocks. Think of a train as protein and the cars as amino acids. The combination of protein determines the type of amino acids. Unlike fat and carbohydrates, your body does not store protein, and has no reservoir to draw on when you need a new supply, therefore, it is important for you to consume a daily supply of amino acids to make new protein. Amino acids are essential to growth and maintaining cells, tissues and organs. Protein doesn't exactly give you immediate energy, like carbohydrates do, but it does provide sustained energy, and in turn, keeps you feeling full for longer.

A wide variety of foods contain protein: from meat, fish and dairy to beans, whole grains, nuts, eggs and vegetables. However, all proteins are not created equal. There are three types of proteins: complete, incomplete and complementary; each offers different amount of amino acids.

- Complete protein source — provides all of the essential amino acids, typically from animal proteins such as meat, poultry, fish, milk, cheese and eggs.

- Incomplete protein — is lacking one or more essential amino acids, the body cannot make from scratch, example foods include vegetable proteins like grains, legumes, nuts, seeds and beans.

- Complementary proteins — two or more incomplete protein sources that together provide all of the essential amino acids your body needs. For example, rice and dry beans are each incomplete proteins, but together they provide all of the essential amino acids.

Complete and complementary proteins that provide all of the essential amino acids will fill you up longer than carbohydrates because they break down more slowly in the digestive process. So you may assume the solution is to eat protein all day long. Not so fast. The truth is, you need less total protein that you might think.

Most Americans consume more than the recommended amount of protein. You may argue, “But extra protein builds more muscle.” NO. The only way to build muscle is through exercise. Extra protein does not give you extra strength.

So how much is enough? As a general rule, the U.S. Department of Agriculture suggests consuming 17 to 22 percent of your daily calories from protein. More specifically, 45 grams of protein per day for a healthy woman and 52 grams per day for a healthy man is recommended. This number increases, of course, as your activity level increases.

As you age, you synthesize new proteins less efficiently, so your muscle mass diminishes while your fat content stays the same or rises. This is why some people believe that muscle turns to fat as you age.

Remember that there are no magic foods or supplements that can replace exercise training and a balanced diet. Don't fall into the traps of fad diets or muscle-building protein shakes. The foundation of any program, whether your goal is to lose weight or gain muscle, is a combination of strength training and a healthy diet that includes carbohydrates, with a balance of protein and fat.



Capt. Sarah Baumgardner is a graduate of Ohio University in Athens, Ohio, where she majored in exercise physiology. She is certified by the American College of Sports Medicine (ACSM) as a Health Fitness Specialist (HFS). She has worked as a personal trainer and nutritional consultant, training a wide range of demographics. She brings enthusiasm and motivation to inspiring, coaching and increasing Soldiers' fitness levels.

Sudoku

Level: Hard

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.

Last week's answers

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

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

TEST YOUR KNOWLEDGE

1. Camille Ford, travels from city to city, seeking out iconic dishes and the ultimate food rivalries in what Travel Channel show?
2. What nation's culinary wizards gave the world Stuffed Calf's Eyes and Cow Brain Fritters?
3. Now in its second season, in what show does Adam Richmond tackle eating challenges throughout the U.S.?
4. What animal shaped treats were introduced in 1902 a novelty, and packaged so they would be hung from Christmas trees?
5. Chef Gordon Ramsay hosts this FOX reality TV series, challenging the nation's most talented chefs.

1. Food Wars 2. France's 3. Man versus Food 4. Animal Crackers 5. Hell's Kitchen

JBB Worship Services

CONTEMPORARY

Sunday 10:30 a.m. Gilbert Memorial Chapel (H-6)
11 a.m. Castle Heights (Bldg 4155)
7 p.m. Freedom Chapel (West side)

Wednesday 8 p.m. Gilbert Memorial Chapel (H-6)

GENERAL

Sunday 9 a.m. Freedom Chapel
9 a.m. Provider Chapel

GOSPEL

Sunday 11 a.m. MWR East Building
12 p.m. Freedom Chapel (West side)
12:30 p.m. Gilbert Memorial Chapel (H-6)
7 p.m. Provider Chapel

LITURGICAL (Lutheran Setting)

Sunday 5 p.m. Provider Chapel

TRADITIONAL

Sunday 10:30 a.m. Freedom Chapel (West side)
2 p.m. Air Force Hospital Chapel

SEVENTH DAY ADVENTIST

Sunday 10 a.m. Provider Chapel

LATTER DAY SAINTS

Sunday 1 p.m. Provider Chapel

**Current as of May 19, 2010*

CHURCH OF CHRIST

Sunday 3:30 p.m. Castle Heights (Bldg 4155)

ROMAN CATHOLIC MASS

Sunday 8:30 a.m. Gilbert Memorial Chapel (H-6)
11 a.m. Provider Chapel

12:30 pm. Air Force Provider Chapel

Thursday 11 a.m. Air Force Provider Chapel

Wednesday, Friday 5 p.m. Gilbert Memorial Chapel (H-6)

Saturday 8 p.m. Freedom Chapel (West side)

Confessions: **Saturday** 4 p.m.-4:45 p.m. Gilbert Memorial Chapel (H-6) or by appointment

JEWISH SHABBAT SERVICES

Sunday 10:30 a.m. Gilbert Memorial Chapel

PAGAN/WICCAN FELLOWSHIP

Thursday 7 p.m. Provider Annex

Saturday 7 p.m. The Bat Cave

FOR FURTHER INFORMATION

PLEASE CALL:

Gilbert Chapel 443-7703

Provider Chapel 483-4107

Freedom Chapel 443-6303

JB BALAD ACTIVITIES

INDOOR POOL Swim Lessons: Mon., Wed., 6 p.m. Tue., Thu., Sat., 6:30 p.m. Aqua Training: Tue., Thu., 7:30 p.m., 8:30 p.m.	Edge Weapons & Stick Fighting Combative Training: Tue., Thur., Sat., 8-10 p.m. EAST REC- REATION CENTER 4-ball tourney: Sunday 8 p.m. 8-ball tourney: Monday 8 p.m. Karaoke: Monday 8 p.m. Swing Class: Tuesday 8 p.m. Table Tennis: Tuesday 8 p.m. Step Aerobics: Mon., Wed., 5:30-6:30 a.m. Yoga Class: Mon., Friday, 6-7 a.m. Plastic Models Club: Wednesday 5:30 p.m. Conditioning Training Class: Mon., Wed., Fri., 7:15-8 p.m. Brazilian Jiu-Jitsu: Mon., Wed., Fri., 8-9 p.m. Abs-Aerobics: Tue., Thu., 6-7 a.m., 5-6 p.m.	Caribbean Night: Friday 8 p.m. Chess & Dominoes Tourney: Friday 8 p.m. Salsa Class: Saturday 8:30 p.m. Poker: Saturday 7:30 p.m. H6 FITNESS CENTER Spin: Sunday 9 a.m. Mon., Wed., Fri., 2 a.m., 8 a.m. Tue., Thu., 9 p.m. Tue., Thu., 5:45 a.m., 8:30 p.m. Saturday 9 a.m., 7 p.m. Boxing: Sunday 4 p.m. Tue., Thu., 2 p.m. Saturday 8 p.m. Dungeons & Dragons: Thursday 7:30 p.m. Poetry Night: Thursday 8 p.m. 6-ball tourney: Thursday 8 p.m.	8 p.m. Friday 9 p.m. CC Cross Fit: Mon., Saturday 10:30 p.m. Cross Fit: Mon., Wed., Fri., 5:45 a.m., 3 p.m., 6 p.m. Tue., Thu., 7 a.m., 3 p.m. Sunday 9 a.m. Mon., Wed., 4:30 a.m., 4 p.m., 10 p.m. Tue., Thu., 8 p.m. Yoga: Wednesday 8 p.m. MACP Level 1: Friday 8:30 p.m. 5 on 5 Basketball: Saturday 8 p.m. Sunday 8:45 a.m. Tue., Thu., 7 p.m. Monday, Tue., Thu., Texas	Hold'em: Mon., Fri., 2 p.m., 8:30 p.m. 8-ball tourney: Tuesday 2 a.m., 8:30 p.m. Ping-pong tourney: Tuesday 8:30 p.m. Spades: Wednesday 8:30 p.m. Salsa: Wednesday 8:30 p.m. P90x: Mon., Sat., 4:30 a.m., 4 p.m., 10 p.m. Tue., Thu., 8 p.m. Yoga: Wednesday 8 p.m. Darts: Saturday 8:30 p.m. Saturday 8:30 p.m. WEST REC- REATION CENTER Green Bean Karaoke: Sun., Wed., 7:30pm 9-ball tourney: Monday 8 p.m., Friday 7 p.m.	tourney: Tuesday 8 p.m. Foosball: Tuesday 8 p.m. Jam Session: Tuesday 7:30 p.m. 8-ball tourney: Wednesday 8 p.m. Guitar Lessons: Thursday 7:30 p.m. Game tourney: Thursday 1 p.m., 8 p.m. Enlisted Poker: Friday 1 p.m., 8 p.m. Officer Poker: Saturday 1 p.m., 8 p.m. Squat Competition: Saturday 8 p.m. WEST FIT- NESS CENTER 3 on 3 basketball tourney: Saturday 7:30 p.m., 6 on 6 volleyball tourney: Friday 8 p.m.	Aerobics: Mon., Wed., Friday 7 p.m. Body by Midgett Toning Class: Tue., Thu., 7 p.m. Dodge ball Game: Tuesday 7:30 p.m. Furman's Martial Arts: Mon., Wed., Sun., 1 p.m. Gaston's Self-Defense Class: Fri., Sat., 7 p.m. Open court basketball: Saturday 7 p.m. Open court soccer: Mon., Wed., 7 p.m. Zingano Brazilian Jiu Jitsu: Tue., Thu., 8:30 p.m. CIRCUIT GYM Floor hockey: Mon., Wed., Fri., 8-10 p.m.
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UPCOMING SPORTS ON AFN



Wednesday 06/02/10

MLB: Oakland Athletics @ Boston Red Sox, Live 4 p.m. AFN Xtra
MLB: Colorado Rockies @ San Francisco Giants, Live 7 p.m. AFN Xtra

Thursday 06/03/10

TENNIS 2010 French Women's Semifinals, Live 9 a.m. AFN Sports
MLB: Milwaukee Brewers @ Florida Marlins, Live 4 p.m. AFN Xtra
MLB: Atlanta Braves @ Los Angeles Dodgers, Live 7 p.m. AFN Xtra

Friday 06/04/10

TENNIS 2010 French Open: Men's Semifinals, Live 8 a.m. AFN Sports
MLB: San Diego Padres @ Philadelphia Phillies, Live 4 p.m. AFN Xtra
MLB: Los Angeles Angels @ Seattle Mariners Phillies, Live 7 p.m. AFN Sports

Saturday 06/05/10

MLB: Atlanta Braves @ Los Angeles Dodgers, Live 1 a.m. AFN Prime Freedom
TENNIS: 2010 French Open: Women's Finals, Men's Doubles Finals, Live 6 a.m. AFN Sports
Horse Racing: 142nd Belmont Stakes, Live 2 p.m. AFN Sports
MLB: San Francisco Giants @ Pittsburgh Pirates, Live 4 p.m. AFN Prime Atlantic

Sunday 06/06/10

NASCAR Sprint Cup Series: Gillette Fusion ProGlide 500, Live 10 a.m. AFN Xtra
MLB: Detroit Tigers @ Kansas City Royals, Live 11 a.m. AFN Sports
2010 NBA Finals-Game 2: Teams TBD, Live 5 p.m. AFN Sports
2010 Stanley Cup Finals, Game 2: Teams TBD, Live 5 p.m. AFN Prime Atlantic

Monday 06/07/10

MLB: Boston Red Sox @ Cleveland Indians, Live 4 p.m. AFN Sports
MLB: San Francisco Giants @ Cincinnati Reds, Live 4 p.m. AFN Xtra
MLB: St. Louis Cardinals @ Los Angeles Dodgers, Live 7 p.m. AFN Xtra

Tuesday 06/08/10

College Softball: 2010 Women's World Series, Game 1: Teams TBD, Live 4:30 a.m. AFN Sports
NHL: 2010 Stanley Cup Playoffs: Finals, Game 3: Teams TBD, Live 5 p.m. AFN Xtra
NBA: 2010 Playoffs: Finals, Game 3: Teams TBD, Live 6 p.m. AFN Sports
MLB: Los Angeles Angels @ Oakland Athletics (JIP), Live 7:30 p.m. AFN Xtra

Wednesday 06/09/10

MLB: San Diego Padres @ New York Mets, Live 4 p.m. AFN Xtra
MLB: St. Louis Cardinals @ Los Angeles Dodgers, Live 7 p.m. AFN Xtra

ARTS & ENTERTAINMENT

'From Paris with Love' blows up big screen

BY STAFF SGT. RANDALL P. CAREY
EXPEDITIONARY TIMES STAFF



Action movies can be very tricky and are usually hit or miss. They either rank up in the clouds with "Saving Private Ryan" and "Black Hawk Down" or they fail miserably, falling to the depths of XXX or ... XXX: State of the Union. Few are in between and, as much as it pains me being an adrenaline-driven infantryman, I have to admit most fall toward the latter.

"From Paris with Love," by director Pierre Morel ("Taken"), finds itself in the peculiar, netherworld region between. It lacks the epic content and subtlety of an A+ action film, but it has enough to pull it away from the bottom.

The movie begins with an introduction to James Reece (Jonathan Rhys Meyers, "The Tudors") a fumbling secret agent, who looks like he could be choked out by pop night-

mare Justin Bieber. In addition to his aspirations in the agency, you also witness his romantic rooftop engagement; interrupted by the next character introduction—Charlie Wax.

Wax (John Travolta) leads Reece through the streets of Paris, from one fight to another. Interrogations, explosions and impropriety at every corner, this operative odd couple hones in on their human target until the stinger ending reveals the surprise of who that target really is.

The climax, along with a lot of the plot, is kind of predictable and it takes a little away from the film, as did the gun battles and street fights that could have done with a little less choreography. At times it seemed like I was watching someone play a video game, a scenario made only more feasible by the one-at-a-time waves of anonymous henchmen launched at Travolta and his complaining sidekick. The film is not without merit though.

I'm not going to lie. I never thought Travolta could pull off this role, but to my surprise, he actually did and it helped things along rather well. His character was kind of annoying

at first. He couldn't seem to take anything seriously. But after awhile, his antics and laid-back attitude gained appeal. After nonchalantly letting his partner get beat down for a minute to teach him the lesson of pulling the trigger when he's told to, you realize his ethic-absent personality is actually hilarious.

It's also somewhat vicariously vindicating and amusing that Wax is never wrong. But it's also one of the flaws of the movie. I mean come on ... he's never wrong. A common theme in epic cinematic masterpieces is the gripping appeal of tragedy; tragedy that is caused, in most cases, by some poor protagonist's mistake. That loss, and resulting desire for vengeance, connect the viewer with the film, strengthening the interest and the experience.

Overall, it was a very entertaining movie. Great visuals, surprisingly consistent humor and great character development make "From Paris with Love" worth your time.

My verdict: B-

'Cryptonomicon' defies genre classification

BY STAFF SGT. JOEL F. GIBSON
EXPEDITIONARY TIMES STAFF



Neal Stephenson's "Cryptonomicon" is labeled as a science fiction book, according to my decommissioned Sequoyah Regional Library, first-edition copy of the book.

This classification, while technically accurate, also fails to capture some of the key features of this particular novel.

"Cryptonomicon" involves two intricately woven timelines, 50 years apart, that both touch on historical fiction, techno-thriller and cryptography for dummies.

The first timeline the reader is introduced to spans World War II, following fictional characters Bobby Shaftoe, Lawrence Pritchard Waterhouse, Goto Dengo and others. The historical fiction aspect of this timeline is obvious with appearances by Gen. Douglas MacArthur, Dr. Alan Turing, and Japanese Adm. Isoroku Yamamoto.

Bobby Shaftoe, a young Marine stationed in China, participates in the Pacific campaign until shortly after the Battle of Guadalcanal, at which time he, through morphine induced haze, utters some choice words about MacArthur to an officer with the U.S. Army Air Corps Public Relations branch's 1st Motion Picture Unit, a lieutenant named Ronald Reagan.

After this making a tremendous fool of himself, Shaftoe is reassigned to a rather secretive branch of the military and transferred to the European theater of operations.

This secretive branch, Detachment 2701 (later Det. 2702), is where the story really takes off. Waterhouse, an enlisted Sailor who botched his Armed Services Vocational Aptitude Battery by overthinking a math problem, spending the entire time allotted for the test on it, and subsequently publishing a mathematics paper based on his notes from the question, is assigned as a glockenspiel player in the Navy band, stationed at Pearl Harbor in 1941.

Waterhouse, his glockenspiel smashed by a Japanese bomb, is reassigned as a clerk, but quickly displays aptitude for decryption and is assigned to Detachment 2701.

The second timeline takes place in the late 1990s and heavily involves descendants of people from the World War II timeline. Waterhouse's grandson, Randy, starts up a telecommunications company with his friend Avi. Apparently, this is something they have been doing regularly in the dot com era since overcoming their mutual addiction to "Dungeons & Dragons."

Part of their new telecommunications venture involves laying undersea cables throughout the Philippines. The company they hire to do that is run by Douglas MacArthur Shaftoe, Bobby's son. The 1990s storyline eventually turns into a story about a hunt for Yamashita's Gold.

The generational confluence of characters has been done

over and over again, and usually comes off as very trite and reeks of over the top cheesiness. In "Cryptonomicon," however, it works...though I'm not sure how.

Much of the World War II storyline is loaded with complex explanations of encryption and decryption algorithms that go one for two or three pages I recommend the non-mathematically inclined readers skip these or read over them five or six times until you get it. They're not integral to the story, but I'm glad I took the latter method, as I think it gave me a better overall understanding of the characters.

The reader does not catch a break in the 1990s storyline, as far as technical details go. Stephenson moves from mathematical algorithms to digital algorithms, which if anything, are more confusing and complex.

For purposes beyond my understanding, Stephenson created a group of islands off the northwest corner of the United Kingdom collectively called Qwghlm. I'm not sure why it was important to do so, since all of the Qwghlmian scenes could have been substituted with Scotland, and I think it would have worked just as well. I've been told, the appearance of this fictional archipelago is homage to earlier Stephenson novels, but I'm pretty sure it was placed in the book to annoy me with its lack of vowels.

I enjoyed "Cryptonomicon," and despite being massively cumbersome, it's a relatively quick read. The ending feels abrupt, and a little forced. All things considered, I rate it an 8.5 out of 10.

PVT MURPHY'S LAW



Wednesday June 2

6 p.m. The Last Song (PG)
9 p.m. Prince of Persia: The Sands of Time (PG-13) (1st Run)

Thursday June 3

6 p.m. Date Night (PG-13)
8 p.m. Shrek Forever After (PG)

Friday June 4

5 p.m. Kick-Ass (R)
9 p.m. Sex and the City 2 (R) (1st Run)

Saturday June 5

2 p.m. Oceans (G)
5 p.m. Sex and the City 2 (R)

8 p.m. Kick-Ass (R)
Midnight Sex and the City 2 (R) (1st Run)

Sunday June 6

2 p.m. Sex and the City 2 (R) (1st Run)
5 p.m. Kick-Ass (R)
8 p.m. Oceans (G)

Monday June 7

6 p.m. Oceans (G)
9 p.m. Sex and the City 2 (R)

Tuesday June 8

6 p.m. Sex and the City 2 (R)
9 p.m. Kick-Ass (R)

PHOTOS AROUND IRAQ



U.S. Army photo by Spc. Jillian Munyon

U.S. Army Sgt. Mike Hill, Charlie Company, 1st Battalion, 36th Infantry Regiment, 1st Brigade Combat Team, 1st Armored Division, shares a fist bump with a local child outside of his school May 12 near Mosul. The Soldiers were in the area celebrating the new renovations of the school with the students.



U.S. Army photo by Spc. Venessa Hernandez

An Iraqi Boy Scout colors the firehouse he made during a wood shop class May 15 in Baghdad. The Scouting program is run by Iraqi Special Forces, U.S. service members and civilian volunteers whose aim is to engage the children in positive activities they can learn from.

U.S. Army photo by Spc. Jillian Munyon



U.S. Army Sgt. Eric Czachorski, Charlie Company, 1st Battalion, 36th Infantry Regiment, 1st Brigade Combat Team, 1st Armored Division, talks with the local kids outside their school May 12, near Mosul. The Soldiers were in the area to celebrate the new renovations of the school with the students.

U.S. Army photo by Sgt. Jeremy Campbell



Sgt. Henchicas from Bravo Company, 3rd Battalion, 29th Field Artillery Regiment, 3rd Brigade Combat Team, 4th Infantry Division, kicks a soccer ball around with local Iraqi children May 16, while on a patrol in the Dhi Qra Province. The patrol was out checking on the progress of projects paid for by the U.S. Government, such as the Al Ajeed courthouse and the Al Wasata School.

NEWS AROUND

Government formation will help Iraq out of Chapter VII bankruptcy

BASRAH, Iraq— The U.S. Ambassador to Iraq, Christopher Hill, visited Basrah, Iraq, with a delegation of diplomats from Britain, Netherlands, Japan, Italy and Turkey.

“The U.S. stresses the need to accelerate the Iraqi government formation to provide assistance and resolve several issues, mainly helping Iraq out of Chapter VII,” Hill said May 25 in a press conference at the U.S. consulate, Basrah International Airport, Iraq. “Iraq no longer poses a threat as was the case before.”

Hill added the political parties should participate in the new government formation as was the case in the last elections that took place in Great Britain this month. Their new government was formed three days later.

The Japanese Embassy in Iraq said Japanese companies are looking forward to the Iraqi government formation, so they can think seriously about investing in Iraq.

The U.S. ambassador and his delegation were touring several oil fields in Basrah province to view the importance of the oil industry on the Iraq economy.

The Islamic capital organization grants first prize to Baghdad

BAGHDAD— Baghdad obtained the first prize from the Islamic capital organization in its second-year conference that was held in Doha. Baghdad received the first prize for its reconstruction and heritage efforts and distinction to promote and rebuild al-Mutanabi street.

Baghdad Mayor Saber al-Issawi said, in a speech, the main strategic projects and plans implemented to rebuild the infrastructure in Baghdad and the most important projects to promote development and restore the heritage in Baghdad is to restore al-Mutanabi street in Baghdad.

Al-Issawi added the Arab cities organization granted the second and third prize to Baghdad municipality for the construction project.

The secretary general in the Arab cities organization, Abdu al-Aziz Yusuf al-Adassani said, in his speech that Baghdad will remain the capital and symbol for the Arabs, despite it stopping relations with the Arab regions during the former regime.

Diyala signs memoranda with Spanish company to build malls

DIYALA, Iraq— Administration in Diyala province signed memorandums of understanding with a Spanish company to build four shopping malls in city centers as part of a plan to attract foreign investment companies to develop

infrastructure.

Management in the department of relations said, “A delegation representing the administration of the Diyala provincial council held meetings over two days in the city of Arbil with representatives of Spanish investment companies specializing in building hotels, tourist resorts and commercial complexes. This resulted in signing memorandums of understanding to build four shopping malls, according to the highest architectural styles in the centers of major cities in Diyala.”

Iraqi officials added that a delegation of Spanish companies will visit several areas of Diyala province in the coming weeks to examine the nature of the investment opportunities available.

Previously, the investment department in Diyala province announced the availability of more than 55 investment opportunities in housing, tourism sectors, and agriculture industry.

Opening of large park in Dohuk costs 10 billion Iraqi dinars

DOHUK, Iraq— Dohuk province opened a large downtown park costing 10 billion Iraqi dinars. The Dohuk governor revealed that a new project will begin next week, and it will take four months to complete. This project will be one of the most important features in the city of Dohuk, and the first of its kind in the Kurdistan region.

During a recent press conference, Dohuk Governor Tamar Ramadan said the park was built on 53,000 square meters. The administration of the province allocated 10 billion Iraqi dinars for the project.

The park, Panorama Freedom Gardens, was built by a Turkish company, Ramadan said. It has restaurants, casinos, art galleries, bars and playgrounds for children. It also has a special wing for large sculptures. It reflects the history of the Kurdish people.

Iraqi Emergency Response Brigade arrests suspected senior JRTN media leader

BALAD, Iraq— A suspected senior Jaysh Rijal al-Tariqah al-Naqshabandiyah leader was arrested by an element of the Iraqi Emergency Response Brigade during an operation with U.S. advisors May 14 in Tikrit.

The police conducted the operation pursuant to a warrant issued by the Central Investigative Court.

The suspect was the president of the High Command for Jihad and Liberation (HCJL) Media Wing, which is responsible for JRTN propaganda operations across Iraq.

Based upon intelligence reporting, the JRTN media leader was in a critical position. He was allegedly responsible for coordinating anti-GOI

propaganda, terrorist tactics, techniques and procedures resembling AQI/ISI and subversion of the GOI and Iraqi Security Forces.

ERB confiscated electronic media and propaganda materials.

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

Gen. Odierno issues statement on being nominated to lead US Joint Forces Command

BAGHDAD— “I am proud of the progress we have made in Iraq and enjoy every day that I have the opportunity to work with the young men and women of our armed forces. I remain committed to our mission here in Iraq. While the timeline for my departure is yet to be determined, I am honored that Secretary Gates and President Obama have nominated me to lead Joint Forces Command.”

ISF arrest suspected AQI leader, member and 16 criminal associates

BAGHDAD— Iraqi Security Forces arrested a suspected Al-Qaeda in Iraq (AQI) leader, another warranted individual and 16 criminal associates during a joint security operation conducted May 25 approximately 85km northwest of Baghdad.

ISF and U.S. advisors searched several buildings for the suspected AQI leader allegedly linked to attacks in the Tigris River Valley and Baghdad over the past 2 years. He is also allegedly involved in improvised explosive device attacks, assassinations, and is allegedly associated with other Tigris River Valley AQI members.

Information and evidence gathered at the scene led Iraqi forces to identify and arrest the suspects.

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

ISF arrest suspected AQI member, 3 criminal associates

BAGHDAD— Iraqi Security Forces arrested a suspected Al-Qaeda in Iraq (AQI) member and three criminal associates during a joint security operation May 20 about 127kilometers west of Mosul.

ISF and U.S. advisors searched several buildings for the suspected AQI member allegedly involved in the facilitation and movement of foreign fighters

IRAQ

into Iraq.

Information and evidence gathered at the scene led Iraqi forces to identify and arrest the warranted individual and three AQI criminal 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, who seek to disrupt the security and stability of Iraq.

Iraqi Security Forces apprehend suspected AQI criminal associate

BAGHDAD— Iraqi Security Forces arrested a suspected Al-Qaeda in Iraq (AQI) criminal associate during a joint security operation conducted May 22 about 137 kilometers east of Tikrit.

ISF and U.S. advisors searched several buildings for a suspected AQI leader, who is allegedly involved in the facilitation of vehicle-borne improvised explosive device attacks against ISF.

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

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

Authorities arrest suspected AQI member in northern Iraq

BAGHDAD— Iraqi Security Forces arrested a suspected Al-Qaeda in Iraq (AQI) member during a joint security operation May 23 conducted in east Mosul.

ISF and U.S. advisors searched several buildings for a suspected AQI member, who allegedly has ties with high-level AQI leaders.

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

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

USACE breaks ground on base to house new Iraqi air defense system

NASIRIYAH, Iraq— A ground breaking ceremony at the Nasiriyah Air Base was held recently, marking the beginning of a new Iraqi air defense system. The \$5.5 million Foreign Military Sales project includes a Sector Operations Center, an administration and

training building, life support utilities, access roads and communications.

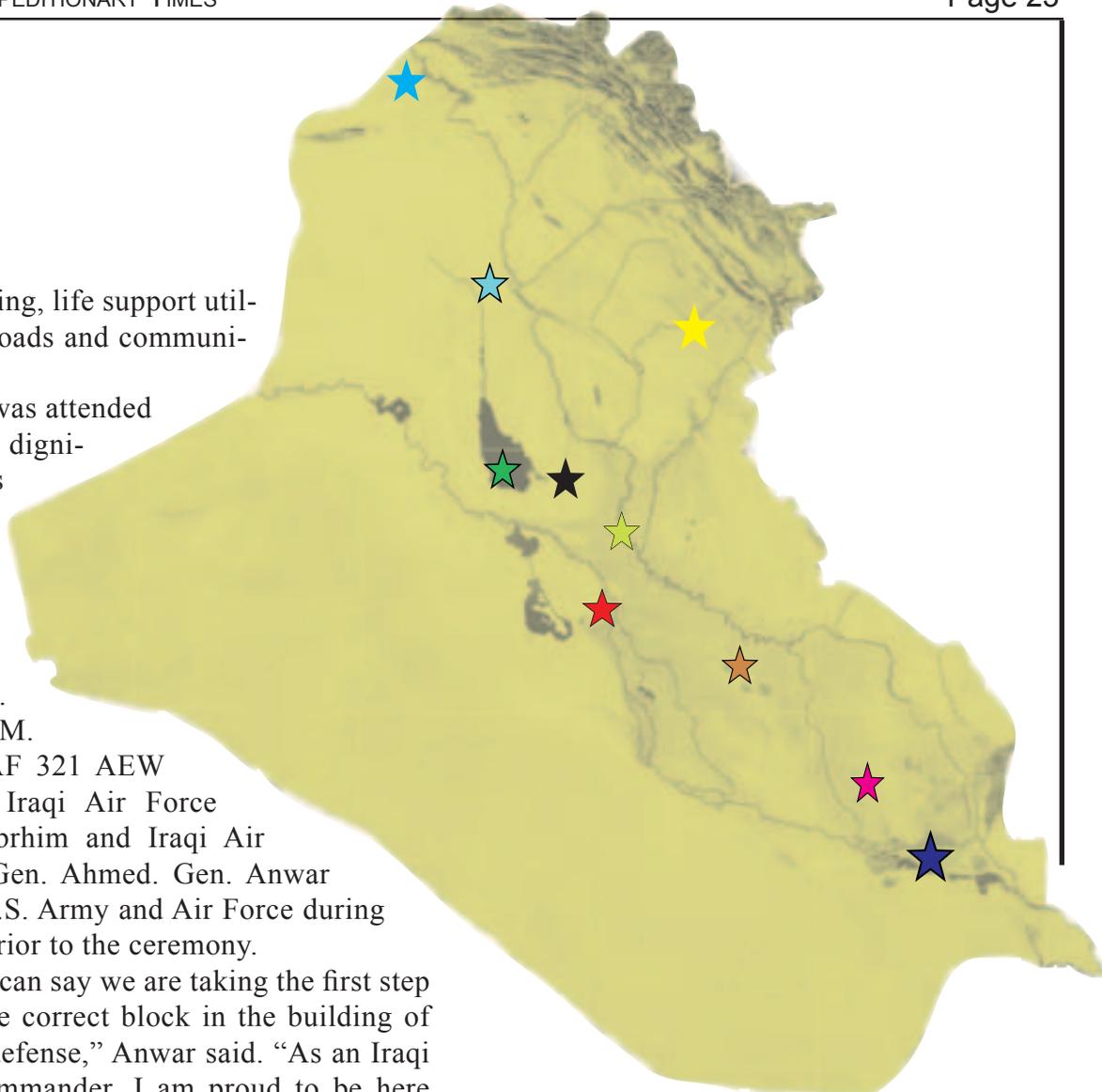
The event was attended by several dignitaries including Iraqi Air Force Commander Gen. Anwar, Brig. Gen. Scott M. Hanson, USAF 321 AEW Commander, Iraqi Air Force Brig. Gen. Ibrahim and Iraqi Air Force Brig. Gen. Ahmed. Gen. Anwar praised the U.S. Army and Air Force during his remarks prior to the ceremony.

“Today we can say we are taking the first step by placing the correct block in the building of the Iraqi air defense,” Anwar said. “As an Iraqi Air Force commander, I am proud to be here today to start this great project for protecting Iraq’s future,” he said. “My great thanks to the U.S. Army and Air Force.”

The U.S. Army Corps of Engineers (USACE), Gulf Region District, Adder Resident Office will serve as the construction management partner for the Sector Operations Center project. After the facility is completed, Electronic Systems Center will come and install a phased array radar to track aircraft in the southern region of Iraq. This is part of an overall effort, and one of four sites throughout Iraq, that will provide a comprehensive air defense capability.

The First Iraqi Company will serve as the general contractor for the Sector Operations Center.

The U.S. Army Corps of Engineers in Iraq has completed thousands of reconstruction projects in partnership with the government of Iraq. Since 2004, USACE has completed 5,257 projects throughout Iraq valued at more than \$9.1 billion and has more than 250 projects ongoing. The overall reconstruction effort in Iraq currently provides jobs for more than 20,000 Iraqis.



Correction

An article published in The May 15 issue of the paper about the joint U.S.-Iraqi surgery on Joint Base Balad incorrectly attributed the byline to Sgt. 1st Class Addie Ciccarelli. The story was by Airman 1st Class Allison M. Boehm and the photo was by Master Sgt. Linda Miller.

The Expeditionary Times welcomes comments, suggestions and/or complaints about errors that warrant corrections. Please e-mail us at expeditionarytimes@iraq.centcom.mil

Do you have a story idea?

Contact us at:

escpao@iraq.centcom.mil

Phantom Support



U.S. Army photo by Sgt. Michael Carden



Above: Sgt. Chelsie Kirkland, an intelligence analyst with Regimental Troop Squadron, 278th Armored Cavalry Regiment, 13th Sustainment Command (Expeditionary) and a Murfreesboro, Tenn., native, unpacks boxes of supplies May 25 in preparation for a humanitarian mission to Taji, Iraq.

U.S. Army photo by Sgt. Kimberly Johnson

Above: Soldiers with B Company, 3rd Battalion, 156th Infantry Regiment, 256th Infantry Brigade Combat Team, 13th Sustainment Command (Expeditionary) prepare May 23 to depart Contingency Operating Base Kalsu, Iraq, providing security for a convoy carrying mission essential supplies through Iraq.

Right: Spc. Gabriel Alvarado, with Headquarters and Headquarters Company, 15th Special Troops Battalion, 15th Sustainment Brigade, 13th Sustainment Command (Expeditionary), the 13th ESC Soldier of the Quarter, shakes hands with Capt. Estan Davis, commander of HHC, 15th STB, after Alvarado was presented with an Army Commendation Medal for his accomplishment May 25 at the 13th ESC command headquarters at Joint Base Balad, Iraq.

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