



The Expeditionary Times

Proudly serving the finest Expeditionary service members throughout Iraq

Vol. 4 Issue 43

March 9, 2011

www.armyreserve.army.mil/103rdESC

Exercise



Soldiers train under pressure

Page 4

Celebration



Troops observe Black History

Page 5

Fight Night



Event attracts largest-ever crowd

Page 14



Sgt. Haley Neff, ammunition logistics noncommissioned officer with the 3rd Sustainment Brigade, 103rd Sustainment Command (Expeditionary), and an Orange, Texas, native, practices the proper head space and timing for an .50 caliber machine gun before participating in the brigade NCO of the Quarter board Feb. 24 at Joint Base Balad, Iraq.

Soldiers shine at quarterly challenge

STORY AND PHOTOS BY
SGT. GAELLEN LOWERS
3RD SUSTAINMENT BRIGADE

**CONTINGENCY OPERA-
TION BASE
SPEICHER,
Iraq—**

Four Soldiers competed for the 3rd Sustainment Brigade, 103rd Sustainment Command (Expeditionary), Soldier and Noncommissioned Officer of the Quarter boards

Feb. 24 at Joint Base Balad, Iraq.

Spc. Ayishia Johnson, NCO in charge of training for the 289th Quartermaster Company, 13th Combat Sustainment Support Battalion, 3rd Sust. Bde., and a Columbia, S.C., native, was awarded Soldier of the Quarter, while Sgt. Haley Neff, ammunition logistics NCO for the 3rd Sust. Bde., and an Orange, Texas, native, was named NCO of the Quarter.

Soldiers reaching this level have already competed and won their company and battalion boards.

“In the 13th CSSB alone, there are seven companies that send one Soldier and one NCO up to the battalion board,” said Command Sgt. Maj. Stanley Richards, senior enlisted leader of the 13th CSSB, and a Phenix City, Ala., native. “When you start thinking about Soldiers winning at a battalion level, that’s very impressive. That’s the battalion’s three best Soldiers competing just to get to that brigade level board.”

The Soldiers who reach brigade-level boards are squared away, they

are motivated and they want to be there, he added.

“It’s designed to test total Soldier concepts,” he said. “Because these Soldiers are so good, you have to come up with something a little bit more than regular board questions.”

The two Soldiers and two NCOs were required to recite the NCO and Soldier’s Creeds, sing the Army Song, answer questions on a variety of topics, disassemble and reassemble their weapons, and then at the

SOQ cont. page 10



Deployed service members receive U.S. citizenship at naturalization ceremony

Page 8

Where do you read your

Expeditionary Times?

Joint Base Balad :
318-483-4603

COB Adder:
318-833-1002

COB Taji:
318-834-1281

Al Asad Air Base:
318-440-4103

COB Speicher:
318-849-2501

For distribution, contact
the 103rd ESC PAO at
Joint Base Balad, Iraq

e-mail: escpao@iraq.centcom.mil

Take pride in all that you do

LT. COL. RICHARD PIONTKOWSKI
103RD ESC DEPUTY COMMAND CHAPLAIN



I now have enough socks to last me until I'm shipped to the nursing home. You know the style of sock that Mother Army likes: OD green, stretchy and covers most of the lower leg. They are an issue item for enlisted and a must-buy for officers. In my 22 years of service in the Army Reserves, I've collected many pairs of these socks and have really worn only a few pairs out.

This deployment has seen my socks multiplying like rabbits on Valentine's Day: leaving on TDY—not enough socks, buy more; here's an Army supply program that will furnish you with whatever uniform items you require—provided it's socks; and “Here, I don't like these, you want ‘em?”—socks. Right now to get them home for redeployment they're going to need their own pallet on a C-130. Such is the story until I found a notice on a pair of new socks.

You know those little stickers or slips of paper that come with some clothes that say “Inspected by _____”; my latest pair of socks had a sticky that said “Folding by Jane

Smithski.” Now that is not her real name, I used a fake name in case “Jane” belonged to the folding mafia and didn't like the exposure. Anyway, the socks were folded in half: no complicated trifold, no creasing that looked like origami, no elaborate concoction of creases that made the material look like a Mutant Turtle, just folded in half. All I can say is “Jane” takes real pride in her work. To fold something in half and claim the credit in a published notification adhering to every pair is an emblem of satisfaction in a simple job. Why can't we all be this way?

Whatever job we do for the military; flying planes or helos, cooking chow, standing guard, supplying the force, cleaning the area, etc. For whichever reason or combination of reasons we do it—patriotism, duty, the money, G.I. Bill, etc.—all of us need to take pride in our work. No matter how small or large your contribution to the effort, it is an involvement that you should take pride in. There is a vice that is pride, but it is no vice to tell people at home that you were here, you participated, you contributed to the effort and you did a great job. The truth is not a bad thing. Basically, take pride in your work and pride in yourself; you are worth it to your family and to the country. Just remember to fold your socks before you put them away.

in the 70s/80s DANCE!

Come get your groove on...! Can you dig it?

Let's Kick It Old School! **It's the Soul Train baby!**

Where: East MWR
When: 11 March 2011
Time: 1900-2200
POCs:
 LTC Betty-Singleton (c.bettysingleton@iraq.centcom.mil)
 MAJ Angel Wallace (angel.wallace@iraq.centcom.mil)
 CW2 Pittman (darlene.pittman@iraq.centcom.mil)
 MSG Jones (darnell.jones1@iraq.centcom.mil)
 SFC Mitchell (mayo.mitchell@iraq.centcom.mil)

Brought to you by 'Real-I-Mean' Productions

EXPEDITIONARY TIMES

103rd ESC Commanding General, Brig. Gen. Mark W. Corson

Expeditionary Times is authorized for publication by the 103rd Sustainment Command (Expeditionary). The contents of the Expeditionary Times are unofficial and are not to be considered the official views of, or endorsed by, the U.S. government, including the Department of Defense or Operation Iraqi Freedom.

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

Expeditionary Times is published weekly by the Stars and Stripes central office, with a circulation of 3,500 papers. The Public Affairs Office is located on New Jersey Avenue, Building 7508, DSN 318-433-2154. Expeditionary Times, HHC 103rd ESC, APO AE 09391. Web site at www.dvidshub.net.

103rd ESC PAO, Managing Editor
Maj. Angel R. Wallace
angela.wallace@iraq.centcom.mil

103rd ESC Deputy PAO,
Capt. William Marquez
william.marquez@iraq.centcom.mil

103rd ESC PA NCOIC
Sgt. 1st Class Raymond P. Calef
raymond.calef@iraq.centcom.mil

103rd ESC Operations NCO
Sgt. 1st Class Kevin Askew
kevin.askew@iraq.centcom.mil

103rd ESC Marketing NCO
Sgt. 1st Class Robert Barker
robert.barker@iraq.centcom.mil

103rd ESC Layout and Design
Spc. Emily Walter
emily.walter@iraq.centcom.mil

103rd ESC Staff Writers
Sgt. Stephen Scott
stephen.e.scott@iraq.centcom.mil

Spc. Zane Craig
zane.craig@iraq.centcom.mil

Spc. Matthew Keeler
matthew.keeler@iraq.centcom.mil

Spc. Edwin Gray
edwin.grayr@iraq.centcom.mil

Contributing public affairs offices
3rd Sustainment Brigade
224th Sustainment Brigade
53rd Movement Control Battalion
3rd Combined Arms Battalion, 116th Cavalry Regiment
1st Combined Arms Battalion, 163rd Infantry Regiment
332nd Air Expeditionary Wing

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

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

Mission Statement: The Expeditionary Times Staff publishes a weekly newspaper with the primary mission of providing command information to all service members, partners, and Families of the 103rd Sustainment Command (Expeditionary) team and a secondary mission of providing a means for units on Joint Base Balad to disseminate command information to their audiences.

The Weekly Standard: The ins and outs of awards

MAJ. ERIK VERHOEF
103RD ESC DEPUTY IG



"A soldier will fight long and hard for a bit of colored ribbon."

-Napoleon Bonaparte

Love 'em or hate 'em, awards are part of the military. And just between you and me, even those who say they hate them, feel pride in wearing them. In AR 600-8-22, Military Awards, we read: The goal of the total Army awards program is to foster mission accomplishment by recognizing excellence of both military and civilian members of the force and motivating them to high levels of performance and service. Also, it is the USF-I commander's intent that every Soldier, Sailor, Airman, Marine, and DoD civilian who honorably completes a tour of duty in Iraq should be appropriately recognized for his or her service.

Sometimes we are our worst enemy. What does that mean? The commander cannot give you an award if you

are flagged for adverse action or do not meet the body fat screening standard. There are only two answers for this problem: more PT and push away from the table! For other flagging issues, you need to stay out of trouble or talk to your chain of command.

Here are some other random thoughts designed to keep everybody informed, which means less work for the IG team with Soldiers questioning the awards process. This does not imply that the IG does not want service members to come to them if they have a question, since that is why we are here.

The DA Form 638, Recommendation for Award, must continue up the official chain until it arrives to the approval authority, unless there is a downgrade delegation memorandum of authority from the commander. This means that a company commander may not just disapprove an award and return the DA Form 638. He or she may recommend disapproval and then continue it up the chain. The approval authority of the award has the final say. That commander may approve, disapprove, approve a lower award, or even recommend a higher award.

Soldiers who fail an APFT are still eligible for awards in

accordance with AR 600-8-2 paragraph 1-15. However, the commander still has the prerogative to not approve an award based on APFT failure. Also, Soldiers are eligible for the Purple Heart and some awards for valor regardless of flagging. If you have a Soldier who may be eligible for a Purple Heart or valor award, see the S1/G1 for details.

Units are recommended to hold award boards at unit level. This will help keep the process fair. A technique when conducting an awards board is to do the awards with names and social security numbers blanked out. The awards should be based on duties, responsibilities and the quantifiable contributions, not just by rank.

Units should not hesitate to give out DA commendation certificates, which are worth promotion points.

So what to do with that Sailor or Airman attached or assigned to an Army unit? Not only are they eligible for Army awards, they should receive one just like the Soldiers in your formation. The paperwork just takes an extra couple of weeks for sister service concurrence, so plan accordingly. Your unit Adjutant/S1's should be able to clearly articulate the military awards system.

Combat Stress: Handling redeployment challenges

MAJ. JAMES LAND
COMBAT STRESS CONTROL



Returning home can be as stressful for you and your Family as leaving was. Many of you have Families at home eagerly anticipating your return from deployment. The goal of this article is to help you understand more about you, your spouse, and children's common reactions during the return of a deployed parent. I would like to give you some practical hints about making the transition home go more smoothly.

It is important to have reasonable expectations about reunion. You may have had a miniature version of some of these events while at home during mid-tour leave. The overall message is to go slow with the process of reunion with your Family.

You may be feeling a great deal of joy and anticipation about the end of your tour, but there are some reasons why

homecoming can be stressful. Family members have established new roles and patterns while you have been away. Concerns about finances, intimacy, and missed events may be on your mind. These sorts of thoughts are typical. It is essential that you arrange to spend time with your Family and loved ones soon after you return from deployment. You should proceed slowly in reestablishing your place in the Family. Be prepared to make some adjustments.

Your children have grown and changed during your deployment. Build on the positive changes in your children. Be prepared to adjust to new levels of independence in your kids. Recognize and comment on their growth. Discipline of your children will now be shared between you and your spouse. Be sure you pay attention and do not ignore your children's behavior. Focus on their successes and work to limit your criticism. One on one, encourage your child to tell you about everything that happened while you were away.

Particular ages can bring specific reactions from children. Children from birth to one year may cry and pull away from

you. Be sure you hold your baby while working on staying relaxed. Be patient; he/she will warm up to over time. Three to 5-year-old children may be afraid of you initially; they may act out to demand your attention. You may find they talk a lot to bring you up to date; be sure to listen. Don't feel hurt when small children are slow to hug you and show emotions. School-aged kids from 6 to 12 years old may demand more of your time than other children. Be sure to sincerely praise them when they show you pictures, schoolwork, or other activities. Teenagers may seem moody, and act as if they don't care. Share what has happened to you. Respect their privacy and friends; teasing about fashion and music is not helpful. Some children may be anxious, fearing your expectations of them. Children may have symptoms of minor illnesses. Children may be torn by loyalties to the spouse who remained at home.

If you have concerns, your chain of command, chaplain, and health care provider are all excellent sources of information for you and your family.

Incoming MCB assumes final mission in Iraq

STORY AND PHOTO BY
SGT. STEPHEN SCOTT
EXPEDITIONARY TIMES STAFF

JOINT BASE BALAD, Iraq— "We load the ship, we load the trains so that the other lads can load the guns and planes," says the Transportation Corps song. The song was performed as part of the transfer-of-authority ceremony Feb. 23 at the Morale, Welfare and Recreation center at Joint Base Balad, Iraq.

The 14th Movement Control Battalion, 103rd Sustainment Command (Expeditionary), moved one step closer to boarding a plane for home as the 53rd MCB assumed responsibility of the movement control mission for United States Forces-Iraq.

Soldiers with the 14th MCB expressed their joy about returning home.

"I can't wait to go home," said Spc. Juan Martinez, a transportation movement request processor with the 14th MCB, and a Freer, Texas, native. "I have a 3-month-old son I haven't met yet."

Martinez also said that this deployment was a learning experience for him and sometimes, especially during the drawdown of forces, it got hectic.

The 14th MCB processed more than 50,000 movement requests over the last year, said Lt. Col. James Rupkalvis,



Lt. Col. Corey New, commander of the 53rd Movement Control Battalion, and Command Sgt. Maj. Bruce Acker, senior enlisted leader of the 53rd MCB, uncash their unit colors at their transfer-of-authority ceremony Feb. 23 at the Morale, Welfare and Recreation center at Joint Base Balad, Iraq.

commander of the 14th MCB, and a Mitchell, Neb., native.

Although the workload was intense at times, it wasn't more than the 14th MCB could handle.

"We were able to protect our Soldiers, support our Airmen and civilians, and accomplish our mission during a high operation tempo," said Warrant Officer Rosanny Del

Carmen, the property book officer with the 14th MCB, and a San Juan, Dominican Republic, native. "I think this was a very successful deployment."

A unit's size is not always indicative of its proficiency and ability to be productive.

"It just continues to amaze me how such a small group of Soldiers, Airmen and civilians are able to have that much of an impact on a daily basis," said Rupkalvis.

Lt. Col. Corey New, commander of the 53rd MCB, and a Rumford, Maine, native, said that the 14th MCB's accomplishments throughout the deployment set the bar high for his incoming unit. "We only hope to continue the momentum and the high standards they have established," he added.

Rupkalvis expressed faith in the 53rd MCB's ability to carry on the mission.

"They've come in eager to learn and ready to take over the movement control mission here in Iraq," said Rupkalvis. "They're an outstanding unit and will undoubtedly be successful here."

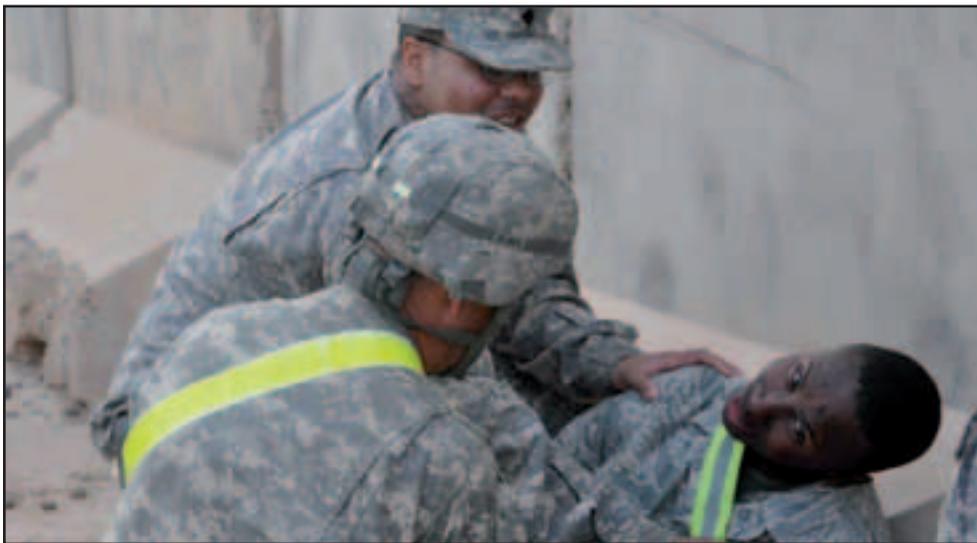
New said that he believes the 53rd MCB is fully equipped and ready to take on current and future challenges thanks to the mentorship from the 14th MCB.

The 53rd MCB's movement control mission will be the same as the 14th MCB's, but New eluded to the fact that they will have an additional responsibility as well.

"When it's all said and done, our final mission will be to ensure that this is the last transfer-of-authority ceremony of a movement control battalion in Iraq," said New.



Spc. Ashley Nichols, a Parkersburg, W.Va., native, and Pfc. Kathryn Allen, a West Bend, Wis., native, both ammunition handlers with the 8th Ordnance Company, 13th Combat Sustainment Support Battalion, 3rd Sustainment Brigade, 103rd Sustainment Command (Expeditionary), transport a casualty on a litter to safety as part of their training exercise recently at Joint Base Balad, Iraq.



Spc. Thomas Gravely (left), a Seattle native, and Spc. Armando Velasquez (center), a Riverside, Calif., native, both ammunition handlers with the 8th Ordnance Company, 13th Combat Sustainment Support Battalion, 3rd Sustainment Brigade, 103rd Sustainment Command (Expeditionary), tend to the injured Spc. Javier Wiley, an ammunition handler with the 8th Ord. Co., and a Chattanooga, Tenn., native, during their training exercise recently at Joint Base Balad, Iraq.



Staff Sgt. Tasheba Washington, Ammunition Supply Point noncommissioned officer-in-charge with the 8th Ordnance Company, 13th Combat Sustainment Support Battalion, 3rd Sustainment Brigade, 103rd Sustainment Command (Expeditionary), and a Miami, Fla., native, helps injured Spc. Tyler Freilinger, an ammunition handler with the 8th Ord. Co., and a Prairie du Chien, Wis., native, on the back of a Soldier in efforts to get him to safety as part of their training exercise recently at Joint Base Balad, Iraq.

Training exercise teaches focus under pressure

STORY AND PHOTOS BY
STAFF SGT. JERMAINE PATTERSON
8TH ORDNANCE COMPANY

JOINT BASE BALAD, Iraq— The 1st Magazine Platoon, 8th Ordnance Company, 13th Combat Sustainment Support Battalion, 3rd Sustainment Brigade, 103rd Sustainment Command (Expeditionary), conducted a training exercise at the Ammunition Supply Point recently at Joint Base Balad, Iraq.

The exercise was geared toward a catastrophic disaster at the ASP that would require contingency plans to aid the injured. It required Soldiers to conduct emergency simulations in preparation for a possible indirect fire attack or munitions explosion at the ASP.

In this scenario, Soldiers trained to react to the aftermath of an attack on stored munitions, leaving casualties throughout the ASP area of operations. The intent was to overwhelm the survivors with the responsibility of accounting for all personnel, caring for the wounded and dealing with the potential reality of providing aid to their peers. Providing Soldiers situational, relevant and realistic training is essential to an organiza-

tion's mission success, as well as a Soldier's survival.

"By throwing this catastrophic scenario at the Soldiers, we were able to help build their confidence in dealing with multiple casualties while remaining calm and focused," said 1st Lt. Greg Thomas, 1st Mag. Plt. leader, and a Huntsville, Ala., native.

The scenario started as just another day with Soldiers spread all about the ASP grounds. Soldiers were at the receiving pad in-processing ammunition, while others were in various storage points with some on the other side of the facility preparing an outbound shipment.

Suddenly, the alarm sounded with loud voices over the audio system.

All Soldiers immediately dropped to the ground to protect themselves from the initial blast and then headed for the nearest bunker. After being cleared, Soldiers began moving to the operations cell for accountability, and discovered a number of their fellow comrades seriously injured. Pfc. Kathryn Allen, an ammunition handler and a West Bend, Wis., native, was one of the first on scene.

"There were injured littering the receipt pad and the inspection station," she said. "They were found behind rows, between pallets of ammo, anywhere you could

imagine, and places you probably wouldn't."

The 1st Mag. Plt. Soldiers emerged from bunkers in every direction carrying Combat Life Saver bags and modified ammunition cans painted white with red crosses, filled with medical supplies. There was a lot of noise coming from casualties, but the one distinct sound was that of whistles.

"We heard the whistle, and that's where we went," said Sgt. Markeith Lawson, a section chief and turn-in noncommissioned officer, and a Washington, D.C., native.

In the midst of the chaos, Soldiers found themselves helping one, two, and in some cases even three of their injured battle buddies. Allen and Spc. Ashley Nichols, an ammunition specialist with 1st Mag. Plt., and a Parkersburg, W.Va., native, came from a bunker, stretcher in hand, ready to do what they could to assist the injured.

As the uninjured Soldiers began to tend to the wounded, Sgt. Victor Boichan, the receiving section chief and a Yap Island, Federated States of Micronesia, native, and Staff Sgt. Daniel Freeman, an ammunition handler with the 8th Ord. Co., and a Charlotte, N.C., native, immediately began to check the surrounding area for the possibility of casualties not initially seen.

"It is important to ensure we have 100 percent [accountability]," said Freeman.

"One of our own could still be out in the ASP injured, and we may not even realize it."

As precious minutes ticked away, casualties were being moved to the casualty collection point (CCP). While Nichols ran to get a Light Medium Tactical Vehicle, others either began to load casualties onto Humvees, or carried litters to the CCP. Other Soldiers took the initiative to improvise, and employed brute strength by using the fireman's carry.

Once the LMTV arrived, casualties and caretakers were carefully loaded into the back. Nichols began moving the vehicle toward the CCP, but the LMTV became hopelessly bogged down in a patch of deep mud and would not budge. The litters were hastily offloaded and immediately carried to the CCP.

Consistently monitored, more detailed reports were sent to the battalion tactical operations center and the hospital to receive further medical assistance. After the simulated medical assistance arrived, the exercise ended and everyone breathed a collective sigh of relief.

"It was a good training exercise that hopefully we will never have to do in real life," said Spc. Delilah Martinez, an ammunition handler and a Manhattan, N.Y., native. "It helps us prepare in the event of the real thing so we are not running around crazy."

Service members celebrate Black History Month

STORY AND PHOTO BY
STAFF SGT. CONSTANCE OBERG
394TH COMBAT SUSTAINMENT SUPPORT BATTALION

CONTINGENCY OPERATING BASE SPEICHER,

Iraq—“Who am I?” That question was asked more than once during the United States Division-North African American History Month celebration hosted recently at Contingency Operating Base Speicher, all with different answers: Maya Angelou, Joel Lewis, Langston Hughes and Michelle Obama, just to name a few.

“This month is important,” said Lt. Col. Keith C. Hayes, deputy G7 [information operations] for 4th Infantry Division, and a Columbia, S.C., native. “It is important to honor and recognize those African Americans that have contributed and shaped the events of our great nation. Black History Month gives us the opportunity to learn the stories of those who we may not have known much about until now.”

Sgt. Tanecia Shepard, cable system installer with United States Forces-Iraq, 151st Expeditionary Signal Battalion, and a Houston, Texas, native started the evening off by singing the National Anthem for a crowded room of more than 100 Soldiers, Airmen and civilians.

“Being part of the observance represents the struggles [and] our perseverance over time,” said Shepard. “It is important for military people to observe this month, because the military is so diverse. It is important to know the other cultures and experiences.”

Among the highlights of the evening was the background on Black History month. Sgt. Paul K. Sowu, parts-receive noncommissioned officer-in-charge with Headquarters Support Company, Division Special Troops Battalion, 4th Inf. Div., and an Accra, Ghana, West Africa, native, sang “What a Wonderful World” and recited Dr. Martin Luther King Jr.’s speech, “I Have a Dream.”

For Staff Sgt. Nathaniel Hicks, cable system installer with



Staff Sgt. Nathaniel Hicks, a cable system installer with United States Division-North, 4th Infantry Division, and an Atlanta native, portrays African American boxer Joe Lewis, heavy weight champion from 1937 to 1948, at the African American History month observance recently at Contingency Operating Base Speicher, Iraq.

USD-N 4th Inf. Div., and an Atlanta native, this month is very important to honor and respect his elders.

“It is a time to celebrate and to have a chance to get a better understanding of what these remarkable African Americans have done,” added Hicks.

Spc. Brandon Redmon, a human resource specialist with 5th Human Resource Co., 7th Sustainment Brigade, and a Mobile, Ala., native, also found deep importance in the African American observance celebration.

“I was always taught that if you don’t know where you have been, you won’t know where you are going,” he said. “I think it is important we realize the struggles our forefathers endured for us and the freedoms they fought for, so we will

know not to take things for granted.”

Redmon said he was excited to participate in the African American observance. Not only did he sing a solo and perform a duet with Shepherd, but he also wrote his own poem for the event entitled “Perseverance.”

“I think it is important to look back and see all the accomplishments that people of color have made,” said Redmon. “It gives you a bright outlook, thinking if they can do it under those circumstances, you think how much more can I do, and not have to worry about all the obstacles they had to worry about.”

Although many African Americans were mentioned during the observance, Hayes wanted all those in attendance to know of the many Soldiers who have paved the way for others.

“We should be extremely proud of those who had the leadership and courage—they had it all,” said Hayes. “African Americans have served in every war since the American Revolution, and have served bravely.”

Hayes mentioned just a few, starting with the Buffalo Soldiers, formed in 1866, and the 369th Infantry Regiment of the Harlem Hellfighters, the best known African American unit of World War I. Also the Triple Nickel, 555th Parachute Infantry Battalion, an all black airborne unit during World War II.

“This is an opportunity to salute those black Americans who have stood up and served our country in uniform despite the unequal treatment in the past,” added Hayes. “Today’s military is much more representative of our military as a whole, and its diversity is not only the greatest achievement, it’s one of its greatest strengths.”

Hayes concluded his speech with these final words: “The camaraderie and closeness we share with fellow Airmen, Marines, Soldiers and Sailors bind us together, regardless of color, gender, religion, heritage and financial status,” he said.

“Yesterday’s military saw our Soldiers forge those bonds even in the face of widespread bigotry and racial segregation.”

Four Chaplains 5K acknowledges historical bravery

STORY AND PHOTO BY
SGT. STEPHEN SCOTT
EXPEDITIONARY TIMES STAFF

JOINT BASE BALAD, Iraq— Early in the morning on Feb. 26, before the sun dared show itself, more than 450 Soldiers, Sailors, Airmen, and civilians stood respectfully

postured on the track at Holt Stadium at Joint Base Balad as Sgt. Tracie Slempe, a broadcast journalist with the 103rd Sustainment Command (Expeditionary), finished her rendition of the national anthem. But why were they there?

“And the home of the brave,” sang Slempe, a Pittston, Pa., native.

Bravery was the reason nearly 500 people were crowded behind a starting line that seemed faded from time and excessive amounts of dust. The service members were there honoring the bravery of four men, by participating in the Four Chaplains 5K run/walk.

“These brave men went beyond sacrifice,” said Col. Lance Kittleson, command chaplain with the 103rd ESC, and a Mason City, Iowa, native.

Staff Sgt. Chad McDermott, chaplain’s assistant operations noncommissioned officer with the 103rd ESC, and a Blackfoot, Idaho, native, added that hosting a memorial event like the 5K is the best way to continue to honor the men who proved their bravery

and honor decades ago during World War II.

“I’ll tell you the story...there’s no better way to know the story than to be told it,” said McDermott as he began to explain the events that transpired after the German submarine U-223 attacked the U.S. Army Transport Dorchester on Feb. 3, 1943.

He explained how four chaplains, who are also known as the “immortal chaplains,” kept their poise in the face of panic.

“What happened on that ship after it got hit was pure chaos, and nobody was really thinking coherently,” said McDermott. “These four chaplains came in, gave guidance, and offered prayers.”

McDermott went on to say that the chaplains handed out life vests until there were no more, and when there were no more, they gave up the life vests on their back to ensure the safety of others.

“That in itself is an altruist act,” said McDermott, pausing for a second before continuing deliberately. “It signifies when it was time to display their valor... and their selfless service... and their courage, they took that step.”

The Soldiers “committed to values even before the official Army Values,” added Kittleson.

The participants of the Four Chaplains 5K were supporting these values no matter what auxiliary brought them that morning.

“Regardless of whether or not [the runners] get a shirt or if they get a prize, they’re there to honor that person or people, and have fun,” said McDermott.



Service members begin the Four Chaplains 5K run Feb. 26 at Holt Stadium on Joint Base Balad, Iraq. The run was in honor of four chaplains who gave their lives to save other Soldiers aboard the U. S. Army Transporter Dorchester Feb. 3, 1943.

He wouldn’t have been able to pull the event together without the assistance of the 332nd Air Expeditionary Wing mayor cell, where he got his information, the volunteers, and Red Cross manning the water stations.

“Thank you very much,” McDermott said to everyone who helped him make the 5K a

success. “They gave up their time today, and I appreciate it.”

McDermott added that the 5K was a resounding success and made for an enjoyable early morning. “You don’t have many of them in Iraq, but today was one of them,” he said.

Field service team keeps Soldiers' morale high



Spc. Joshua Butler, a Shower, Laundry and Clothing Repair specialist with the 540th Quartermaster Company, 13th Combat Sustainment Support Battalion, 3rd Sustainment Brigade, 103rd Sustainment Command (Expeditionary), and a Wahiawa, Hawaii, native, loads bundles of laundry into the Laundry Advanced System (LADS) at Joint Security Station War Paint, Iraq.

STORY AND PHOTO BY
1ST LT. MICHAEL SHEARS
540TH QUARTERMASTER COMPANY

JOINT SECURITY STATION WAR PAINT, Iraq— As the U.S. Forces' mission in Iraq draws down, more and more small bases are left without contracted laundry facilities. In order to keep Soldiers operating at these locations clean and healthy, the 540th Quartermaster Company (Field Service), 13th Combat Sustainment Support Battalion, 3rd Sustainment Brigade, 103rd Sustainment Command (Expeditionary), employs the Laundry Advanced System to clean uniforms and light textiles.

Usually, the conditions tend to be fairly austere in places such as Joint Security Station War Paint, where specialized Soldiers are needed. These Soldiers thrive on improving the quality of life for the troops who are constantly outside the wire. Spc. Armando Munoz, a Shower, Laundry and Clothing Repair specialist with the 540th QM Co., and an El Paso, Texas, native, said the best part of his job is "making sure that the Soldiers [that the SCLR specialists] are supporting have clean laundry so they can perform their duties without the risk of sickness."

Munoz added that having clean laundry is also a morale-booster.

The LADS is the machine that these Soldiers use to clean laundry. This system is capable of supporting up to a battalion-sized element with each Soldier cleaning two bags per week. However, the machine wasn't designed to operate in some of the conditions seen in Iraq, from 140-degree temperatures to extremely dry air, plus the constant use combines to form a tough job just to maintain operation. Fortunately, the 540th QM Co. Soldiers are experts at their preventive maintenance checks and services.

"Once you are knowledgeable on how to operate the LADS, it is a very easy system to maintain," said Spc. Diamond Wilson, an SCLR specialist with the 540th QM Co., and an Elliston, Va., native.

Sometimes the most difficult part of a deployment is the monotony. It is no different for Munoz.

"The most challenging part is in-processing and out-processing of clothes because it is so tedious, but working as a team and maintaining a positive attitude and a sense of humor helps out," he said.

But for these Soldiers, the efforts they put forth on a day-to-day basis is worth the reward of helping their fellow comrades in arms.

"It's been rewarding knowing one is doing something for a greater good," said Munoz.

Their objective is to increase sanitation, cleanliness and morale. "It's a good feeling inside just knowing you made someone's day a little bit better," said Wilson.

Leader's 'cowboy ethics' ring true during deployment

STORY AND PHOTO BY
STAFF SGT. PAT CALDWELL
3-116TH CAVALRY REGIMENT

CONTINGENCY OPERATING BASE SPEICHER, Iraq— There are times when 1st Lt. Jamie Roscoe talks, that one can almost see cowboys riding over the wide open southern Oregon plains.

Listen carefully and the images float across the mind's eye like a mist moving ahead of a late summer storm on the high desert mesas.

Roscoe, the commander of Company D, 3rd Battalion, 116th Cavalry Regiment, 3rd Sustainment Brigade, 103rd Sustainment Command (Expeditionary), traces his life on the arc of the cowboy. He's spent time on long cattle drives, tasted the dust and dirt of the rodeo grounds, and slept more than a time or two out on the wind-blown Oregon steppes under a shovel full of stars.

If there is an underlying sense of justice or a mood of calm determination hovering over his not-too-distant memories of the cowboy life, Roscoe expresses it in subtle manner. His ethics — the morals of the cowboy, the principles of an uncomplicated western American cattle industry — may seem outdated, even fashionably quaint. To Roscoe, though, the candid expression of those values is second nature; they hold no magic value or easy answers. They are what they are: clear-cut, up-front. When Roscoe arrived in Iraq he said he wanted to deliver a simple message to his Soldiers regarding their mission: Be respectful and be responsible.

Simple words that drive a philosophy most Americans probably only see in the occasional Western movie on television at night, words that push into the heart of what many people believe is best about America but also see as quaint, old-fashioned and

hopelessly lost.

Easy, simple words: "Take pride in your work." Always finish a job. Treat people fairly. Ride for the brand.

Those key messages were conveyed to each member of his company as they prepared to conduct convoy escort missions across central Iraq. The implications of Roscoe's posture remain clear and concise. Treat people like you want to be treated.

Roscoe explained his doctrine carefully to his Soldiers. Especially while on the road they must conduct themselves with honor, he said.

"They [the Iraqis] are humans, just like us, and we don't need to run them off the road," said Roscoe.

Company D's focus is intensely local, he said. Actions on the road — good or bad — can easily reverberate across the city of Tikrit and the villages that surround COB Speicher.

"It is a very local game," he said. "One incident on the road and you will pay for it. Everyone, down to the lowest private, has to be aware of that."

Sgt. 1st Class Aaron Carter, the operations noncommissioned officer for Company D, and a Salem, Ore., native, agreed with Roscoe.

"The way the Joes look at it is, if you are not respectful, you can make the wrong guy mad," said Carter. "If you are disrespectful, you run the risk of creating a new enemy."

Respect, Roscoe said, is not just another convenient buzzword for his Soldiers. The word underpins his entire philosophy regarding Company D's time in Iraq. The simple, small things often secure the most value.

"We are being respectful and responsible. We don't throw trash out on the road. I wouldn't want to see someone throwing trash out on a highway in Oregon," he said.

He added that Company D's efforts have paid dividends with local Iraqis.

"As soon as it was recognized, the attitude changed immediately," he said.



1st Lt. Jamie Roscoe, commander of Delta Company, 3rd Battalion, 116th Cavalry Regiment, 3rd Sustainment Brigade, 103rd Sustainment Command (Expeditionary), believes some of old but true values are a cornerstone to his philosophy while deployed to Iraq.

Roscoe said he understands the overall mission: guarding supply convoys and assisting in the U.S. military drawdown in Iraq. To do that, he said, his men and women must be alert and prepared for any crisis that may develop. Yet the cornerstone of Roscoe's values come full circle to cowboy ethics.

"We are trying to do the right thing," he said. "We are going to be responsible and do our jobs so my kids don't have to come back

here."

In the end, that simple statement personifies the man, the officer and, perhaps, the way most want to be remembered.

Roscoe said he does not spend a lot of time thinking about what's next. After all, he has a job to do. Then he will go back to Oregon, to those wide open plains where the logic is simple and easy to understand, and the only thing that matters is the next job and doing it right the first time.

Iraqi Soldiers participate in all-inclusive training

STORY AND PHOTO BY
1ST LT. JAY JONES
2ND ADVISE AND ASSIST BRIGADE

KIRKUSH MILITARY TRAINING

BASE, Iraq— Support Soldiers with Task Force 225, 2nd Brigade Support Battalion, began a hands-on “train the trainer” program with Iraqi Soldiers at Kirkush Military Training Base in Diyala, Iraq, during February.

U.S. Soldiers with the 2nd Advise and Assist Brigade, 25th Infantry Division, led Iraqi Army officers and noncommissioned officers in conducting individual and collective support training as part of a 25-day training cycle in support of Tadreeb al Shamil, Arabic for All Inclusive Training.

The training curriculum, ranging from vehicle maintenance and driver’s training to medical support operations, is part of the task force’s mission to advise and assist Iraqi Army units building an enduring capacity for the Iraqi military to sustain itself following the departure of U.S. forces, said Maj. John Tulifua, battalion operations officer with 2nd BSB, 25th Inf. Div.

The goal of the training program led by Task Force 225 Stability Transition Team is to create a sustainable support system at KMTB, while enhancing IA units’ capabilities, said Tulifua.

The train the trainer course, focusing on maintenance and support operations, is not the first time TF 225 partnered with Soldiers of 5th Iraqi Army Division for training.

Since the beginning of training efforts



Sgt. Douglas Kahala (right), a wheeled-vehicle mechanic with Company B, Task Force 225, Brigade Support Battalion, 2nd Advise and Assist Brigade, 25th Infantry Division, instructs Iraqi Army Soldiers on proper preventive maintenance checks and services Feb. 9 during Tadreeb al Shamil, Arabic for All Inclusive Training, at Kirkush Military Training Base in the Diyala province of Iraq.

in support of Operation New Dawn, the battalion has executed four iterations of technical training in maintenance, medical tasks and communications skills for Iraqi Army Soldiers and their units.

In mid-February, Soldiers with Company B and the TF 225 Stability Transition Team relocated to KMTB to support Tadreeb al

Shamil, an Iraqi-led initiative to train Iraqi Army units in an effort to develop Iraq’s conventional army, modernizing its capability to defend the country.

“Now, we will be managing and educating the Iraqis in their facilities and in their operating area,” said 1st Lt. David Reyman, maintenance operations officer-

in-charge with Company B, Task Force 225, who works alongside the maintenance officer from Headquarters and Headquarters Company, 2nd Battalion, 21st Brigade, 5th IA Division. “Now we’re going to (observe) their maintenance operations in full effect.”

The maintenance training program began with instruction covering proper preventive maintenance, checks and services, ordering parts, trouble-shooting and establishing systems in the motor pool that ensure work is completed to the proper standard, said Sgt. Maj. Darren Hargrove, battalion STT noncommissioned officer-in-charge.

The maintenance training will also show IA units how to track and receive parts, and build trust in confidence in their support systems, said Maj. Rasheed Muwwakkil, team lead for the STT, TF 225, BSB, 25th Inf. Div.

“A successful outcome is Iraqi leaders at the first and second levels of maintenance, communicating their needs to each other and executing,” he explained.

By focusing on where some of the maintenance issues originate, the STT hopes to eliminate cycles that impede progress, said Muwwakkil.

“The final iteration will be the Iraqi trainers and those at the second level of maintenance sustaining the entire fleet for the 5th IA,” he said. “If we focus on these key problems we’ve identified, we’ll make a difference.”

Muwwakkil said by the last iteration of instruction in May, Task Force 225 hopes to demonstrate to senior leaders, 5th IA Div. maintenance operations functioning smoothly and independently.

Platoon remembers helping after disaster in Haiti

STORY BY
SPC. TIFFANY ISENBERG
8TH ORDNANCE COMPANY

CONTINGENCY OPERATING BASE ADDER, Iraq

It’s hard to believe a year has passed since a devastating earthquake changed the lives of many in Haiti, but as the Soldiers with the 2nd Detachment, 8th Ordnance Company, 749th Combat Sustainment Support Battalion, 224th Sustainment Brigade, 103rd Sustainment Command (Expeditionary), continue their Ammunition Supply Point operations at Contingency Operating Base Adder, Iraq, they remember their mission in Port-Au-Prince, Haiti, one year ago in February.

The 8th Ord. Co. deployed its 2nd Det. in February 2010 to aid the victims of the Haiti earthquake disaster.

The platoon was, and still is, led by 1st Lt. Michael Beagle, an Olympia, Wash., native, and Staff Sgt. Brian Womack, an Opp, Ala., native. They deployed with four palletized loading system vehicles with trailers, one light-medium tactical vehicle, four 6K forklifts, two 10K forklifts, and one Humvee. While on mission in Haiti, the platoon transported containers filled with water, food, and other relief essentials. They used their forklifts to down-load planes flying in items donated by many organizations from around the world.

The platoon ran 24-hour operations for the majority of their relief efforts, but transporting these items was not the only mission the group focused on. The Soldiers and leaders realized that, although they were a strong part of the relief, there was more to be done. As a result, the Soldiers decided to volunteer at the local orphanage. Many were inspired by the resilience of the children – many of whom were



U.S. Army photo by Staff Sgt. Cynthia Mason

Soldiers with the 2nd Detachment, 8th Ordnance Company, 749th Combat Sustainment Support Battalion, 224th Sustainment Brigade, 103rd Sustainment Command (Expeditionary), visit the orphanage in support of Operation Haiti Relief February 2010 at Port-au-Prince, Haiti.

newborn. Soldiers actively engaged the children with sports and other games, while others walked with the kids just to talk to them.

“It was a great feeling seeing the kids’ face light up when we arrived at the orphanage,” said Sgt. Tanisha Miller, an ammunition specialist with the 2nd Det., 8th Ord. Co., and a Queens, N.Y., native.

This was Beagle’s first deployment mission with the platoon.

“Visiting the orphanage was a memorable experience for me,” he said. “Being able to see some of the aid supplies in the hands of those that needed it was a really good feeling. I only hope that efforts are still being supplied to the victims of Haiti.”

Throughout this past year, the Soldiers with 2nd Det. will remember the great strength and spirit of the Haitian people who continue to inspire the world with their determination to rebuild.

Citizenship: the 'American Dream'

STORY AND PHOTOS BY
SPC. EDWIN GRAY
EXPEDITIONARY TIMES STAFF

VICTORY BASE COMPLEX, Iraq—



In a perfect world, the American Dream would be many people's reality, but to some, it is still merely a dream.

An 11-year-old from Duesseldorf, Germany, visited America with his mother in 1988 for the first time. He identified with the American dream so much that at one moment, he looked at his mother and said, "I will move here one day." The 11-year-old was Raphael Oosterhuis, now a specialist with the 370th Transportation Company, 394th Combat Support Sustainment Battalion, 3rd Sustainment Brigade, 103rd Sustainment Command (Expeditionary).

Oosterhuis, along with 52 other U.S. service members from 31 different countries, became U.S. citizens at the United States Forces-Iraq Naturalization Ceremony Feb. 21 in Al-Faw Palace at Victory Base Complex, Iraq.

"America is known for having one of the most diverse cultures in the world," said Gen. Lloyd J. Austin III, commanding general of USF-I. "The United States has citizens who represent nearly every religion, ethnic background and culture. Our diversity gives us strength."

After the horrendous attacks against the U.S. on Sept. 11, 2001, more than 64,000 service members took the oath while serving in the U.S. military. The attacks made many foreigners want to be a part of the U.S.

"I wanted to help in the War on Terror," said Oosterhuis. "The attacks made me love the U.S. even more. It really united

the Western world."

Many U.S. service members are from several different countries, religions and ethnic backgrounds. Taking the oath of citizenship while deployed grants these service members the American freedoms they serve to protect.

"I always wanted to join the U.S. Army when I moved to America in 2004," said Oosterhuis. "I want to be an officer, and only my citizenship and a few college credit hours are in the way of me becoming one."

Including Oosterhuis, five soldiers with units under the 103rd ESC took the oath of citizenship: Sgt. Vera Castillo with the 3rd Sust. Bde.; Spc. Agosto Hector with the 224th Sustainment Brigade; Pfc. Lopez Arnul Londondo with the 220th Transportation Company, 394th CSSB; and Pfc. Won Kim, a cashier with the 2-9th Financial Management Detachment, 24th Financial Management Company.

"I lived in Seoul, Korea, until I was 24 years old, and for that time I lived a normal life," said Kim. "But there is no better place to live than the U.S. There are many benefits to being a citizen of such a great nation." Kim now lives in Los Angeles.

Being an American citizen is the first step to obtaining the American dream and making it a reality. All 52 service members defended the liberties of a nation that, until being naturalized, wasn't their own.

"With my citizenship, I would be able to pursue my career and education goals," said Oosterhuis. "I would gain a greater sense of belonging to this country and most importantly, it would be my lifetime dream come true."

It was the 19th naturalization ceremony that has been held in Iraq since 2001, and due to the transition for U.S. operations in Iraq, it could possibly be the last in Al-Faw Palace.

'[With citizenship] I would gain a greater sense of belonging to this country and most importantly, it would be my lifetime dream come true.'

-Spc. Raphael Oosterhuis

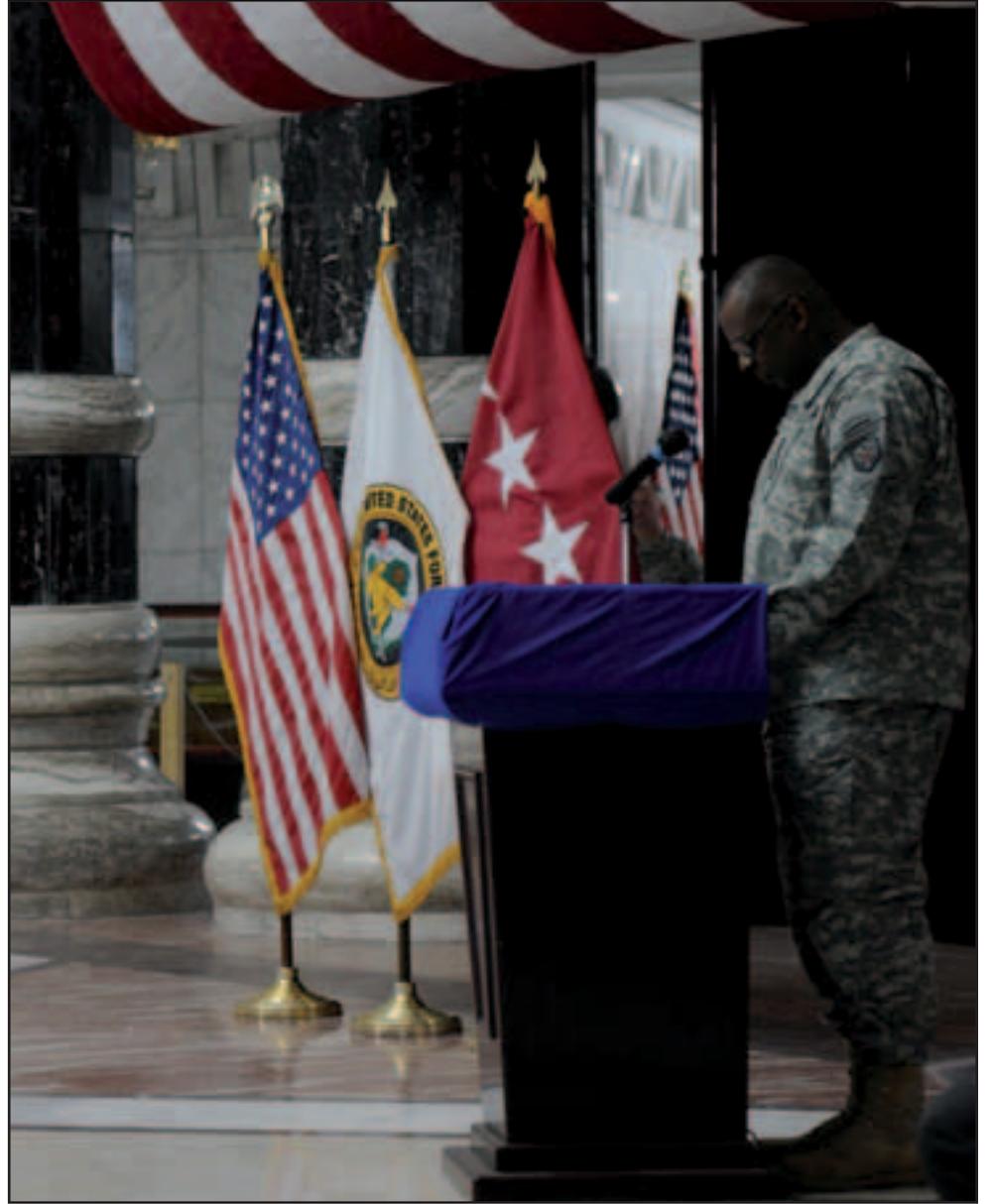


BOTTOM/RIGHT: Fifty-three deployed service members become American citizens at the 19th United States Forces-Iraq Naturalization Ceremony Feb. 21 at Al-Faw Palace in Baghdad.

TOP: Service members receive American citizenship and are welcomed with a video by President Obama at the 19th United States Forces-Iraq Naturalization Ceremony Feb. 21 at Al-Faw Palace in Baghdad.



Spc. Raphael Oosterhuis, a Soldier with the 370th Transportation Company, 394th Combat Support Sustainment Battalion, 3rd Sustainment Brigade, 103rd Sustainment Command (Expeditionary), admires his flag after becoming a citizen at the USF-I Naturalization Ceremony Feb. 21 at Al-Faw Palace in Baghdad.



Gen. Lloyd J. Austin III, commander of United States Forces-Iraq, speaks at the 19th USF-I Naturalization Ceremony Feb 21 at Al-Faw Palace in Baghdad. More than 50 deployed service members from across Iraq attended the ceremony to become U.S. citizens.



‘Our diversity gives us strength.’

-Gen Lloyd J. Austin III

Water distribution imperative for mission success

STORY AND PHOTO BY
1ST LT. BLAIR GRIMES
512TH QUARTERMASTER COMPANY

JOINT BASE BALAD, Iraq— Service members might wonder where the countless pallets of water bottles, which can be seen all around base, come from. Those responsible include two hard working Soldiers with the 512th Quartermaster Company, 13th Combat Sustainment Support Battalion, 3rd Sustainment Brigade, 103rd Sustainment Command (Expeditionary), who keep Joint Base Balad moving and hydrated.

The Water Distribution Team is composed of these two Soldiers: Sgt. Heather Romine, the water distribution noncommissioned officer-in-charge, and a Fennimore, Wis., native, and Spc. Jaylon Chavis, a Beaumont, Texas, native.

Their routine seems quite simple: Find out who needs water and deliver it. But the work that goes into that process takes a lot of careful planning, calculation and work to appear effortless. The first part of the process is determining each site's authorized head count, which establishes the amount of water each site can receive.

"We go around each night, or the morning before the delivery, to all the water drop sites to see which area needs more water the next delivery day based on their allotted water count," said Romine.

The following day, the team heads to the Class 1 yard to pick up and deliver the water, which is bottled at the Oasis Water Bottling Plant.

"After the water pallets are loaded onto the trucks, we pick up a fork lift driver and begin the deliveries all around Joint Base Balad," said Romine. She added that they deliver to the east and west side of base, all the housing and work areas, and a variety of other spots.

"We deliver water five times a week and average about 100 to 150 pallets a week," added Romine. But in the summer, she said that the water spikes to 250 pallets a week.

She added that Chavis is also an important asset in the process.

"Chavis is very proficient at her job and makes sure that I don't overlook any details," said Romine.



The water distribution team with the 512th Quartermaster Company, 13th Combat Sustainment Support Battalion, 3rd Sustainment Brigade, 103rd Sustainment Command (Expeditionary), oversees workers who help to ensure all the water pallets are delivered safely throughout Joint Base Balad, Iraq.

Romine and Chavis realize the importance of their work, as sufficient amounts of water are what keep service members and civilians moving.

"People depend on the water that we deliver," said Romine. "Overall, I love my job."

The team's mission is vital to everyone else's mission. All units and personnel on Joint Base Balad depend on the water.

Soldiers experience history up close at Ziggurat of Ur

STORY AND PHOTO BY
CAPT. MARK JOHNSTON
13TH COMBAT SUSTAINMENT SUPPORT BATTALION

JOINT BASE BALAD, Iraq— The 13th Combat Sustainment Support Battalion, 3rd Sustainment Brigade, 103rd Sustainment Command (Expeditionary), through the leadership of the battalion's Unit Ministry Team, recently visited the Ziggurat of Ur, located just outside of Contingency Operating Base Adder, Iraq.

Nineteen 13th CSSB Soldiers made the trip to the city.

Ur was the home of the patriarch Abraham, father of Isaac and Ishmael, and through them, Judaism, Christianity and Islam developed. Ur, which is now located approximately 200 miles from the Arabian Gulf, was once an important port city. The site was abandoned in 550 B.C. due to the silting from the Euphrates River that filled the harbor with millions of tons of eroded soil over the centuries. The Ziggurat there was used in the worship of the moon goddess Urim, for which the town, Ur, was named.



Soldiers with the 13th Combat Sustainment Support Battalion, 3rd Sustainment Brigade, 103rd Sustainment Command (Expeditionary), were recently afforded the opportunity to visit the Ziggurat of Ur, located just outside of Contingency Operating Base Adder, Iraq, was once used in the worship of the moon goddess Urim, for which the town, Ur, is named.

"I was amazed that we could actually walk into the ruins themselves," said Capt. James Fisk, who served as the officer-in-charge for the trip. "This was certainly a once-

in-a-lifetime trip," he said. "Something to tell the grandkids about."

Lt. Col. Anthony Bohn, commander of the 13th CSSB, supported the trip in order to help Soldiers create "memory sets" to take home with them. He explained that it would be unfortunate for Soldiers to miss out on such an experience.

The ground around the site was strewn with hundreds of potsherds discarded over thousands of years. Mr. Diaf, the caretaker and guide, explained in detail the tomb of the Sumerian king discovered by Sir Charles Leonard Woolley from Pennsylvania University, and excavated between 1922 and 1934. Much, if not most, of the site remains unexplored.

Mr. Diaf explained that the two tombs there contained many artifacts, including a golden lyre, that are now located in the Babylonian Museum. He also explained that the king's body was found in one of the immense tombs along with 35 servants, while the other tomb contained the remaining 35 servants. He showed Soldiers cuneiform writing from 4,000 years ago and the extensive sewage system used at that time.

"It taught me that, while we may think we are a lot more intelligent than people were back then, that is just not the case," said Spc. Paul Aguilera, a Soldier with the 13th CSSB.

SOQ from page 1

end, present a five-minute briefing. They do all of that in front of seven sergeants major.

"I trained very hard to raise my physical training test, and I went to our arms room and studied weapons training," said Neff. "I studied a lot. A whole lot."

Johnson said that she would stay up several nights a week studying and was constantly reciting the creeds wherever she went.

"I was proud of myself because I took the initiative to actually open up the book to learn the information," she added. "I want to set an example to my peers to show them that anyone can do this if they just take the initiative."

Even though only one Soldier and one NCO walked away from the competition with the top honors, the other Soldier and

NCO were not completely disappointed with the outcome.

"I know I didn't win, but I am still very proud of myself for making it this far," said Spc. Andrea Fillingane, a medic with Headquarters and Headquarters Company, Special Troops Battalion, 3rd Sust. Bde., and a Round Rock, Texas, native. "I'm not going to give up. I will make it back here and win next time around."

Richards echoed this statement by telling all of the participants how proud he was of all of them and that they have made their units and battalions proud.

"I know those Soldiers and NCOs who didn't win are going to be disappointed," he said. "That is human nature. But none of those Soldiers or NCOs had a reason to leave that board room holding their head. They all performed great. I am proud of all of them."



Soldiers with the 3rd Sustainment Brigade, 103rd Sustainment Command (Expeditionary) Soldier/Noncommissioned Officer of the Quarter board speak to the participants after the board had been conducted Feb. 24 at Joint Base Balad, Iraq.

Troops recognized for excellence, awarded coins

STORY AND PHOTO BY
1ST LT. RONNIE PATRICK
319TH TRANSPORTATION COMPANY

CONTINGENCY OPERATING BASE ADDER, Iraq—

Five Soldiers with the 319th Transportation Company, 749th Combat Sustainment Support Battalion, 224th Sustainment Brigade, 103rd Sustainment Command (Expeditionary), were presented with the commanding general's coin for excellence Feb. 8 at Contingency Operating Base Adder, Iraq.

The 319th Trans. Co. Soldiers received the coins for their dedication to mission success by Brig. Gen. Mark Corson, commanding general of the 103rd ESC, and a Maryville, Mo., native.

Corson came to the 319th Trans. Co. motor pool to congratulate all Soldiers for a job well done, and to award the five Soldiers for their outstanding efforts in their unit line-haul missions, supply efforts and armor duties.

Cpl. Steven Teel, a heavy wheeled vehicle operator with the 319th Trans. Co., and a Ludowisci, Ga., native, was recognized for having shown exemplary performance as a heavy wheeled vehicle operator and executing and operating as a supply clerk. Teel also successfully coordinated,



Pfc. James Bass (far left), a heavy wheeled vehicle operator with the 319th Transportation Company, 749th Combat Sustainment Support Battalion, 224th Sustainment Brigade, 103rd Sustainment Command (Expeditionary), and a Ringgold, Ga., native, and Spc. Robert Jarvis (center left), a heavy wheeled vehicle operator with the 319th Trans. Co., and a Beech Island, S.C., native, are presented with the commanding general's coin for excellence by Brig. Gen. Mark Corson, commanding general of the 103rd ESC, and a Maryville, Mo., native, recently at Contingency Operating Base Adder, Iraq.

managed and supervised at least 15 trucks during line-haul convoy missions. He has served as the night shift noncommissioned officer supervising movement of large-item cargo and retrograde.

Teel explained what it meant to him to receive the coin. "To be able to serve in so many different positions and be successful

in the position is an honor in itself," he said.

Spc. Darrelle Beasley, a heavy wheel vehicle operator with the 319th Trans. Co., was the first specialist selected to act as assistant logistics convoy commander, and he acted as logistics convoy commander for independent, high priority convoys. His driving experience led him to be selected

for moving any cargo of significant value or requiring special handling. Beasley was also selected to work at the Central Receiving and Shipping Point as senior specialist, where he acted as the assistant to the night shift sergeant.

Spc. Robert Jarvis, a prescribed load list clerk with the 319th Trans. Co., and a Beech Island, S.C., native, proved to be an essential part of the maintenance section. His knowledge of the Standard Army Maintenance System-Enhanced has been instrumental in maintaining the company's operational readiness of 98% while in support of Operation Iraqi Freedom and Operation New Dawn. Jarvis also assisted the company in taking the unit armor duties while the primary unit armor was on leave, pass or convoy missions. He was responsible for successfully passing several command inventories and inspections.

Spc. Brent Hardage, a heavy vehicle operator in the 319th Trans. Co., and a Savannah, Ga., native, drove the most miles in the company, beating out 121 other drivers with 5,328 miles and zero accidents or injuries.

Pfc. James Bass, a driver and gunner with the 319th Trans. Co., and a Ringgold, Ga., native, showed excellent skill during 40 support missions with zero accidents or injuries. Bass engaged the enemy suppressing small arms fire and successfully protecting the convoy.

"It has been a pleasure to know my efforts have not gone unseen," said Bass.

'Sweat Box' team claims victory at largest Fight Night

STORY AND PHOTO BY
1ST LT. NATHAN LAVY AND SGT. GLEN BAKER
224TH SUSTAINMENT BRIGADE

CONTINGENCY OPERATING BASE ADDER, Iraq—

Eight fighters from Headquarters and Headquarters Company, 224th Special Troops Battalion, 224th Sustainment Brigade, 103rd Sustainment Command (Expeditionary), known as the "Sweat Box" fight team, competed at the largest-ever Fight Night event in Memorial Hall Feb. 19 at Contingency Operating Base Adder, Iraq.

More than 600 service members and civilians were entertained by 24 fights lasting a total of four hours. Two of those fights featured female competitors.

Hosted by the Soldiers with the 67th Battlefield Surveillance Brigade, from Lincoln, Neb., fighters assembled from various brigades and locations in Iraq and Kuwait to compete in the mixed martial arts contest.

Four of the eight Sweat Box team fighters won their bout. Sgt. Fermin Gonzalez, support operations noncommissioned officer with HHC, 224th STB, and a Seal Beach, Calif., native, won his fight by applying a guillotine choke to his opponent, and said that he trained hard for his fight.

"It was rigorous training using hands and pads-combination punches for three rounds plus," said Gonzalez. "It's very intense training, because once you get in here, you're training for a marathon. Then once you come into the ring for fight night, it will be a lot easier for you."

Gonzales said that he focused on nutrition prior to his fight. "I watched what I ate to maintain a healthy, balanced diet," he said. "I stayed away from the greasy stuff – a lot of greens, a lot of colors on the plate."

Gonzalez also praised his trainers for their contribution to his success. "I want to thank 1st Sgt. [Victor] Oliveros who's the individual trainer for boxing, and the individual trainers for mixed martial arts or ground fighting, Master Sgt. Steven Cutler and Staff Sgt. Enrick Reyes," he said. "Sweat Box rules."



U.S. Army photo by 1st Lt. Nathan Lavy

Soldiers with Headquarters and Headquarters Company, 224th Special Troops Battalion, 224th Sustainment Brigade, 103rd Sustainment Command (Expeditionary), display unit pride at the largest-ever Fight Night in Memorial Hall Feb. 19 at Contingency Operating Base Adder, Iraq.

Staff Sgt. Raymond Solis, ammunition supply sergeant with the 224th Sust. Bde., and a San Diego native, described his pre-fight training regimen.

"I worked even harder and cut down even more weight," said Solis, who won his fight by technical knockout. "I went to the gym in the evening right before practice, and then after practice, I did cardio. Monday was chest and triceps, Tuesday was biceps, Thursday was shoulders and traps [trapezius], Friday was legs, and Saturday was all cardio."

Solis had a special message for those who supported him. "I appreciate all the support from all the units and everybody around here," he said.

Two other Sweat Box fighters won their bouts: Spc. Michael Ferguson, signal systems support specialist with the

224th Sust. Bde., and an Inglewood, Calif., native, won by arm bar.

Spc. Christopher Stafford, intelligence analyst with the 224th Sust. Bde., and a Buena Park, Calif., native, won by technical knockout.

Four other Sweat Box fighters participated in Fight Night: Sgt. Marco Alamillo, medical logistics noncommissioned officer with the 224th Sust. Bde., and a Redlands, Calif., native; Spc. Melissa Borjas, storage system manager with the 224th Sust. Bde., and a Santa Ana, Calif., native; Maj. Arnold Carrillo, brigade munitions manager with the 224th Sust. Bde., and a Van Nuys, Calif., native; and Maj. Robert Mathews, commodities officer-in-charge with the 224th Sust. Bde., and a Sacramento, Calif., native.



Top-selling mobile phone brands

SGT. 1ST CLASS RAY CALEF
EXPEDITIONARY TIMES STAFF



I have spent the last three weeks discussing the good and bad relating to mobile phone carriers, examining both the largest U.S. carriers as well as successful regional carriers, in part to offer options for service members who either are ready to switch their services or, God forbid, utilize one for the first time.

I can't believe I typed the last part of that sentence. Of course we all have had mobile phones, right? Dare I say not one single Soldier, Sailor or Airman has never had a cell phone? If you happen to be reading this and fit that description, come by the Public Affairs Office here on Balad. I wish to impart wisdom on a variety of topics to your, shall I say, "sheltered" mind.

All kidding aside, this is obviously a tremendous business worldwide and a big part of that business is the real money makers: the phones that allow you to have the plans that these companies use to stay in business.

Competition is the name of the game in the mobile phone business. Technology has given us so much, and it continues to accelerate quicker as more research is done on how to utilize these hand-helds to their fullest extent.

I will examine the top brands based on customer sales, and take a look at what they have to offer the consumer in this week and next week's column. Research in Motion, the makers of the ever-popular Blackberry phones, is the number-one seller of mobile phones in the U.S., according to Avian Securities' best selling list of wireless devices, a company utilized by Bloomberg Businessweek.

Interestingly, Motorola, a huge player in the mobile industry, has been conspicuously absent in the top ten more often than not in recent years. Apple's hugely popular iPhone is the number-two selling mobile phone on the market.

Of the top sellers, five are smartphones, six have touchscreen capabilities, five have full QWERTY keyboards, and nine run on so-called third-generation wireless networks.

A smartphone is a mobile phone that simply has added features. Apart from being able to make calls, you have features that a Personal Digital Assistant or a computer can offer. It has a more elaborate and user-friendly operating system, allowing smarter input, like using touch screens. The hardware improves the interface as well, such as full QWERTY keyboard, larger screen, etc.

Numerous applications software and productivity software can run on the smartphone, such as word processors, spreadsheets, organizers, mailers, and browsers. It is equipped with enhanced multimedia features. Smartphones also allow you to take and view pictures and video in different formats, with multiple connectivity possibilities. It also brings you the Internet through 3G, WiFi, and even WIMAX connections. A smartphone also easily connects into a local access network. They also allow data transfer to and from computers and other devices, either simply through USB cables or Bluetooth adapters.

Blackberry by RIM has dominated the smartphone world but is facing competition on a number of fronts. The most notable competition is Apple's iPhone 4. The iPhone 4 offers enhanced performance, a new display, and an improved design. It also adds a lot of new features, by itself and through the iOS 4 update. Multitasking entails some trade-offs, and home screen folders are limited to 12 applications. AT&T reception continues to be spotty, and you'll need a case for the best calling reception, however, Verizon's network should give a much-needed boost in reception.

Word on the Street

What is your most memorable moment of this deployment?



"My most memorable moment of this deployment was when Dann Roever came to visit. He is a very good man and inspirational speaker."

Spc. Bobbie Comer, operations executive administrative assistant with the 103rd Sustainment Command (Expeditionary), and an Ayr, Iowa, native



"My most memorable moment of this deployment was stepping off of the plane here the first day thinking to myself, 'What did I get myself into?'"

Pfc. Brendon Guler, the active armorer with the 103rd Sustainment Command (Expeditionary), and an Albia, Iowa, native



"My most memorable moment of this deployment was all the events combined that we had together as a unit to build morale."

Sgt. Peter Delaney, a human resource specialist with the 103rd Sustainment Command (Expeditionary), and an Albia, Iowa, native



THEATER PERSPECTIVES

“Military discipline is the base of the Iraqi Army. If there is no military law we cannot enforce punishment to keep order.”

Col. Ali A. Hadi, a legal advisor for the Iraqi Army, comments regarding witnessing a court martial of a U.S. Soldier at the United States Division - Center Court House on Camp Liberty, Feb. 22, as part of the U.S. mission to advise, assist and train Iraqi forces

“Just as many Iraqis believe in strong relationships in their everyday lives, we need to believe that we can help build a strong relationship between the U.S. and Iraq for the future.”

Tech. Sgt. Merry Hopkins, Intelligence Capacity Building Team noncommissioned officer-in-charge and advisor. Hopkins regularly goes outside the wire to help foster communication within the Directorate of General Intelligence and Security

“The Iraqi Police and Iraqi Army working together is a great thing. We complete each other.”

Multaka Police Chief Lt. Col. Adnon Tark references the approximately 25 local ISF leaders, representing several towns and villages in Multaka village, Kirkuk, Iraq, that gathered on Feb. 20 for the largest coordination meeting since the monthly assemblies began in December

“We used Iraqi supplies, conducted the training at their training center and the instruction came from the Iraqis.”

First Lt. Jordan King, platoon leader of the “Thunderhorse” medics assigned to Headquarters and Headquarters Company, 2nd Battalion, 12th Cavalry Regiment, acknowledging the achievements of 38 Iraqi first responders who graduated from the first Emergency Medical Technician course

“The people of Samarra wanted this for a very long time, and the security forces made it possible.”

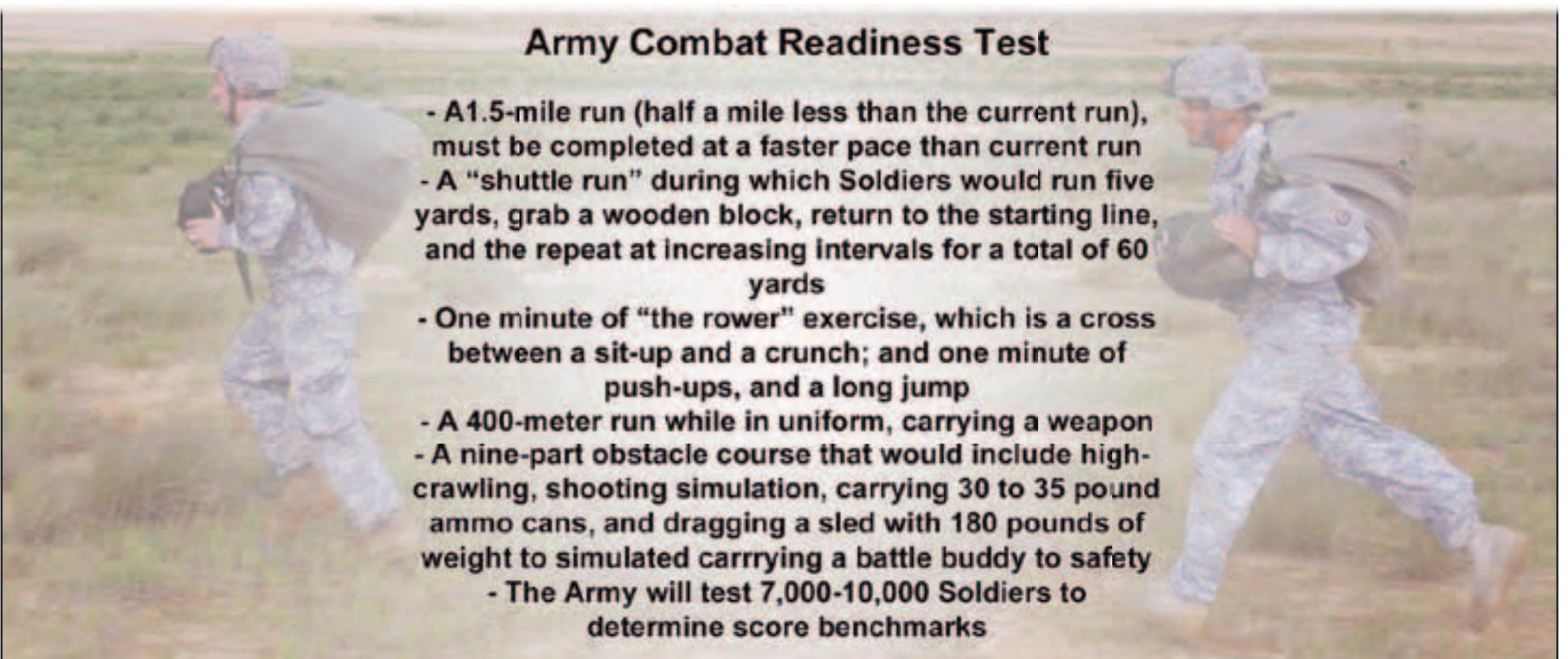
Lt. Col. Ghayath, director of the Samarra Joint Coordination Center, who serves as the primary liaison between U.S. forces and the Samarra Operations Center, commented on the removal of security barriers lining streets in Samarra

ARMY LOOKS AT NEW PT TEST

On March 1, while revealing plans in the works for a new Army Physical Readiness Test, the Army proposed a possible second fitness test that would be meant to judge a Soldier's readiness for the challenges faced in combat, according to Stars and Stripes. Suggested to be named the Army Combat Readiness Test, the new assessment might be administered starting in the next fiscal year. The test could be conducted shortly before a Soldier is set to deploy into a conflict zone, and would better simulate conditions Soldiers face on the battlefield, including exercises like carrying heavy ammunition and evacuating a wounded battle buddy. The proposed test is still in the midst of its planning phase.

Army Combat Readiness Test

- A 1.5-mile run (half a mile less than the current run), must be completed at a faster pace than current run
- A “shuttle run” during which Soldiers would run five yards, grab a wooden block, return to the starting line, and the repeat at increasing intervals for a total of 60 yards
- One minute of “the rower” exercise, which is a cross between a sit-up and a crunch; and one minute of push-ups, and a long jump
- A 400-meter run while in uniform, carrying a weapon
- A nine-part obstacle course that would include high-crawling, shooting simulation, carrying 30 to 35 pound ammo cans, and dragging a sled with 180 pounds of weight to simulated carrying a battle buddy to safety
- The Army will test 7,000-10,000 Soldiers to determine score benchmarks



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

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

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

TEST YOUR KNOWLEDGE

1. Is the Great Wall of China 650, 1,450 or 2,050 miles long?
2. What is the capital of Saudi Arabia?
3. Of which country is Vientiane the capital?
4. Which sea lies between China and Korea?
5. In which modern country are the ports of Sidon and Tyer?
6. Which 15th-century navigator discovered the sea route from Europe to India by the Cape of Good Hope?
7. What did Burma change its name to in 1989?

1. 1,450 2. Riyadh 3. Laos 4. Yellow Sea 5. Lebanon 6. Vasco de Gama 7. Myanmar

JBB Worship Services

CONTEMPORARY

Sunday 10:30 a.m. Gilbert Memorial Chapel (H-6)

Wednesday 8 p.m. Gilbert Memorial Chapel

GENERAL

Sunday 9 a.m. Provider Chapel

GOSPEL

Sunday 11 a.m. MWR East Building
12:30 p.m. Gilbert Memorial Chapel
7 p.m. Provider Chapel

LITURGICAL

Sunday 5 p.m. Provider Chapel
5 p.m. Gilbert Memorial Chapel (H-6)

LUTHERAN (LCMS)

Sunday 8 a.m. Provider Chapel Annex

TRADITIONAL

Sunday 2 p.m. Air Force Hospital Chapel

SEVENTH DAY ADVENTIST

Saturday 10 a.m. Provider Chapel

LATTERDAY SAINTS

Sunday 1 p.m. Provider Chapel
7 p.m. Gilbert Memorial Chapel

ROMAN CATHOLIC MASS

Sunday 8:30 a.m. Gilbert Memorial Chapel
11 a.m. Provider Chapel
12:30 pm. Air Force Provider Chapel

Saturday 8 p.m. Freedom Chapel (West side)
Mon-Fri 11:30 a.m. Provider Chapel

Confessions: Sunday 8-8:30 a.m. Gilbert Memorial Chapel or by appointment

JEWISH SHABBAT SERVICES

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

PAGAN/WICCAN FELLOWSHIP

Thursday 7 p.m. Provider Chapel Annex
Saturday 7 p.m. The Shack (Bldg 7556)

** For holiday services, refer to page 12*

FOR MORE INFORMATION

PLEASE CALL:

Gilbert Chapel 433-7703

Provider Chapel 483-4107/4115

Freedom Chapel 443-6303

***Current as of March 9, 2011**

JB BALAD ACTIVITIES

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



UPCOMING SPORTS ON AFN



Wednesday 3/9/11

COLLEGE BB: Championship Week-Sun Belt Conference Championship, 3 a.m., AFN Xtra
MLB: San Francisco Giants, Delayed 3 a.m., AFN Sports
COLLEGE BB: Championship Week, Live 5 a.m., AFN Sports
NFL: Live, 8 a.m. AFN Sports
NHL: Colorado Avalanche @ Minnesota Wild, Live 11 a.m. AFN Sports

Thursday 3/10/11

COLLEGE BB: Championship Week, Live 3 a.m. AFN Sports
NHL: Chicago Blackhawks @ Tampa Bay Lightning, Live 3:30 a.m., AFN Xtra
NBA: Live, 4 p.m. AFN Sports

Friday 3/11/11

NBA: New York Knicks @ Dallas Maverickst, 5:30 a.m., AFN Sports
NBA: Championship Week, Delayed 11 a.m., AFN Sports
NBA: Denver Nuggets @ Phoenix Suns, Delayed 4 p.m., AFN Sports
COLLEGE BB: Live, 10 p.m., AFN Sports

Saturday 3/12/11

COLLEGE BB: Big 12 Conference Semifinal #1, Live 3 a.m., AFN Xtra
COLLEGE BB: Big 12 Conference Semifinal #2, Live 5:30 a.m. AFN Xtra
COLLEGE BB: Delayed, 4 p.m., AFN Sports
COLLEGE BB: Live, 9 p.m. AFN Sports

Sunday 3/13/11

COLLEGE BB: College Basketball Final, Live 1:30 a.m., AFN Prime Atlantic
COLLEGE BB: Live, 8 a.m. AFN Sports
COLLEGE BB: Live 11 a.m. AFN Sports
AFL: Philadelphia Soul @ Pittsburgh Power, Delayed 3 p.m., AFN Xtra

Monday 3/14/11

NHL: Phoenix Coyotes @ Anaheim Ducks, Live 3 a.m., AFN Prime Atlantic
NBA: Minnesota Timberwolves @ Golden State Warriors, 4:30 a.m., AFN Xtra
COLLEGE BB: Delayed, 10 a.m. AFN Sports
MLB: Live, 10:30 p.m. AFN Sports
NFL: NFL Live, 11 p.m. AFN Sports

ARTS & ENTERTAINMENT

'The Sports Lounge': Conference tournaments

BY SGT. 1ST CLASS RAY CALEF
EXPEDITIONARY TIMES STAFF



Last week when I wrote about March Madness, I spoke of the NCAA tournament specifically. Truthfully, the term March Madness entails the end of the regular season as well as the conference tournaments that will finalize seedings for

teams lucky enough to be chosen in the top 68 who make the tournament.

Some of these games that get teams to the tournament have been among the most memorable - indeed, as memorable as many of the tournament games and the hype that accompanies them. One of the quirky things most conferences in the country do when holding end-of-season tournaments is give the automatic bid to the tournament based on conference affiliation to the tournament winner, rather than the regular season winner.

This enables some teams to make the "Dance," as the NCAA tourney is sometimes called, with a less-than-stellar record. Tiny Lehigh made it one year with a 12-18 record,

and even a bigger school like Missouri made it with a 14-16 record another year, both by getting hot and winning their conference tournaments. In many cases, the smaller schools like Lehigh are their conferences' only representative, and the regular season winner with a stellar record ends up going to a lesser tourney like the National Invitational Tournament.

I suppose that is the beauty of the NCAA tournament. The rules make it so that everyone has a shot at the end of the year, regardless of record. The examples are endless, but since I am from Iowa, the best example of this I can give is the 1980 Iowa Hawkeyes. This was a team coming off a Big Ten Championship the year before, with four starters returning, including all-American Ronnie Lester.

Lester unfortunately was injured early on and Iowa struggled with a 10-8 conference record and 19-8 overall record. But with the help of their strength of schedule (the Big Ten was a powerhouse back then), they qualified for the tournament with an at-large berth. The NCAA does not limit a conference with numbers of teams that can qualify; if certain teams' strength of schedule is good enough, that is given more weight than other teams who have not played as many tough teams.

They were one of the last teams in, but proceeded to win four straight games and make it to the Final Four, losing to eventual champion Louisville after Lester was hurt again. This is a good example of why it is great that every team has a chance, regardless of record. Injuries can decimate teams, and thankfully for that Hawk team, the NCAA saw fit to include them, essentially saying that they would have been much better had the injuries not occurred.

This year's tournament and the conference tournaments that precede it promise as much drama and excitement as any other year. The smaller conference tournaments are in full swing right now, and the larger schools will start this week, beginning with Wednesday's opening of the Big East conference tourney. Thirty-one conferences have automatic qualifiers, with all but the Ivy League giving automatic berths to the conference tournament champion.

That leaves 37 other slots open for "at-large" berths, which are chosen by an NCAA selection committee, who have perhaps one of the most difficult jobs you could possibly have. Besides choosing the qualifiers, they are also tasked with seeding them, which will determine where they play. Next week, a look at the big conference tourneys.

'Fighter' stands out, Academy awards well-earned

BY SPC. ZANE CRAIG
EXPEDITIONARY TIMES STAFF



"The Fighter," starring Mark Wahlberg as boxer "Irish" Micky Ward, and Christian Bale as boxer Dicky Eklund, his half-brother, stands out from the crowd of boxing movies with excellent character

development and a good mix of tragedy, triumph and humor.

Wahlberg is friends with the real Ward, with whom he shares a similar upbringing in a working-class Massachusetts family with nine children. Wahlberg said he had been training for the part for the last six years and refused to use a stunt double during filming, actually taking punches himself.

Mickey O'Keefe, a local police sergeant and Ward's real-life trainer, played himself in his first acting role ever.

Ward begins the movie in the shadow of his older brother Eklund, who developed a crack addiction after his major professional accomplishment of knocking out Sugar Ray Leonard. Eklund's addiction is an open secret in Lowell where he is still considered a local hero.

Ward's family dominates his career as well as his personal

life. His mother/manager and his seven ugly sisters use him as a cash cow and keep him from reaching his potential.

Eklund goes to prison for impersonating a policeman to steal money from one of his drug-addled, prostitute girlfriend's clients. During this time, Ward forms a relationship with Charlene, a bartender who encourages him to break his family's influence to pursue his career on his own terms.

Eklund even influences his brother's performance from prison, shaking his confidence and criticizing the way he is being trained by O'Keefe. In his first big fight against an up-and-coming fighter, he takes a fierce beating for the first several rounds before knocking the guy out with one big body shot. This marks his transition from a lackluster career, where he is a "stepping stone" that other boxers use to improve their records to a potential title-winner.

After being released from jail, Eklund has to decide whether to genuinely support his brother and deal with no longer being the center of attention, or revert to his former lifestyle. This choice is the central conflict of the movie.

"The Fighter" isn't really about boxing, but a fight that is universal and applicable to nearly everyone's life at some point. Ward struggles throughout the movie with loyalty to

his brother and family versus loyalty to his own needs as an individual. In this story, there is a very clear line between a course of action that favors one or the other, where in most people's lives we try to strike a balance.

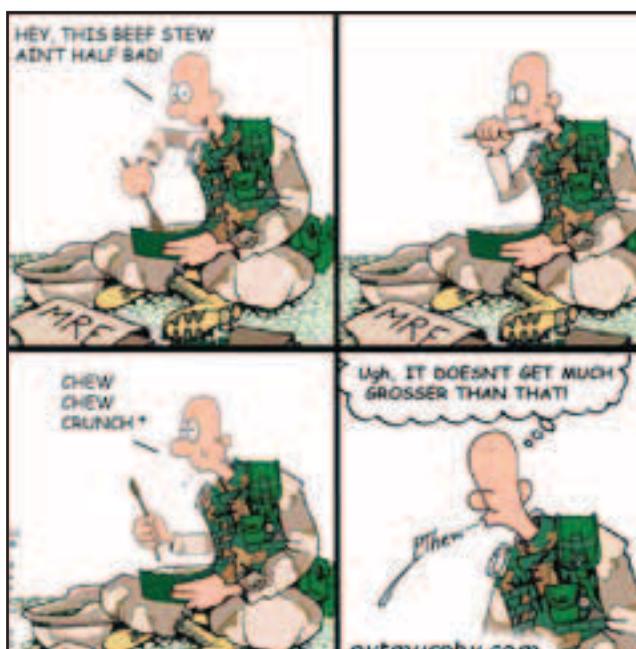
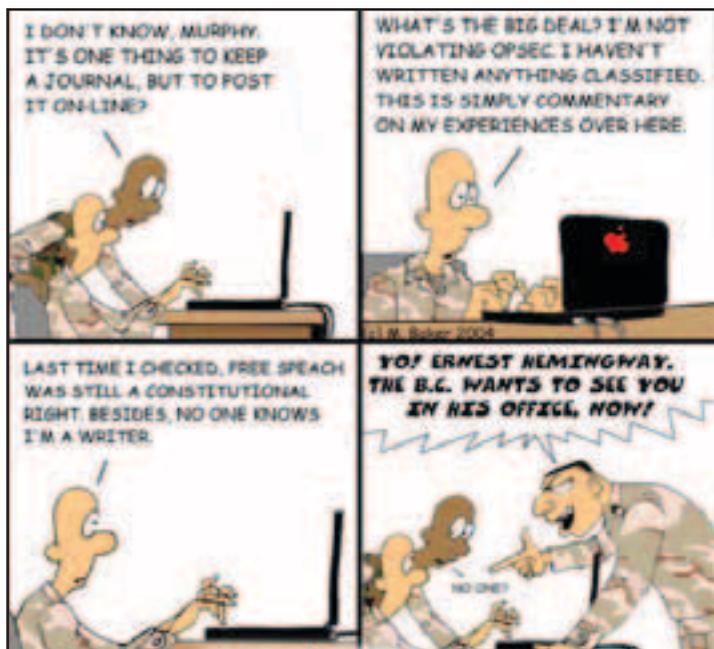
"The Fighter" isn't over the top or over-acted. It achieves a pleasantly realistic feel where you can tell the writers, director and actors paid a great deal of attention to detail. It moves at a somewhat slower pace than an action movie, but is faster and has more action and physicality than a typical drama. You can really get to know the characters and care what happens to them.

As with most boxing movies, and all movies in general, it is a fairly predictable triumph-against-all-odds story, though an entertaining one.

Bale and Melissa Leo, who played the mother, fully deserve their Oscars as the stand-out performances. They were hugely flawed characters who exploited Ward for their own benefit, but were not stock villains from central casting. You can get a feel for why they behave the way they do in the movie without excusing their behavior.

I give "The Fighter" four out of five stars and highly recommend it to all audience members.

PVT MURPHY'S LAW



Peel Movie Times

Wednesday March 9
5 p.m. Country Strong (PG-13)
8 p.m. Hall Pass (R)

Thursday March 10
5 p.m. Hall Pass (R)
8 p.m. True Grit (PG-13)

Friday March 11
6 p.m. The Green Hornet (PG-13)
9 p.m. Rango (PG)

Saturday March 12
2 p.m. The Rite (PG-13)
5 p.m. & Midnight: Rango (PG)
8 p.m. The Green Hornet (PG-13)

Sunday March 13
2 p.m. Rango (PG)
5 p.m. The Green Hornet (PG-13)
8 p.m. The Rite (PG-13)

Monday March 14: RESERVED



U.S. Army photo by Sgt. Stephen Scott

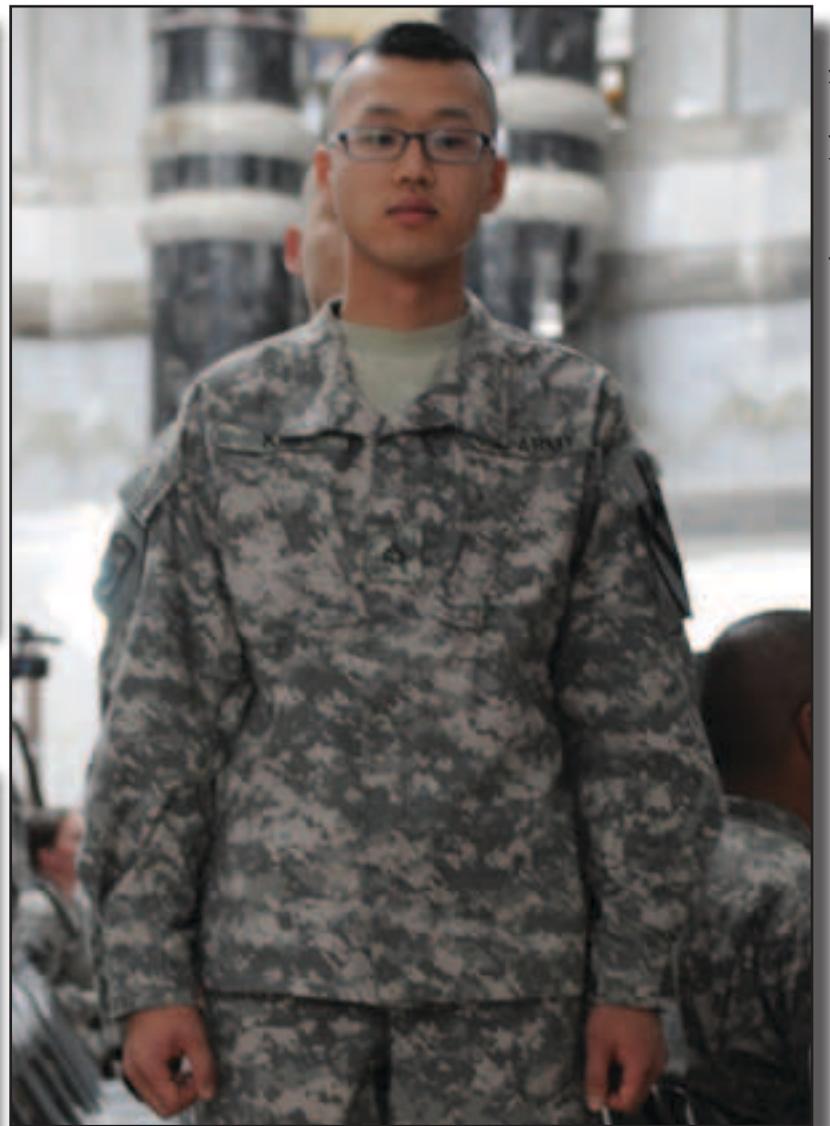
Lt. Col. James Rupkalvis (right), commander of the 14th Movement Control Battalion, 103rd Sustainment Command (Expeditionary), and Command Sgt. Maj. Jason Runnels, senior enlisted leader of the 14th MCB, case their battalion colors at their transfer-of-authority ceremony Feb. 23 at Joint Base Balad, Iraq.

U.S. Army photo by 1st Lt. Blair Grimes



ABOVE: The water distribution team with the 512th Quartermaster Company, 13th Combat Sustainment Support Battalion, 3rd Sustainment Brigade, 103rd Sustainment Command (Expeditionary), oversees the movement of water pallets from the Class 1 Yard at Joint Base Balad, Iraq.

U.S. Army photo by Spc. Edwin Gray



ABOVE: Pfc. Won Kim, a cashier with the 2-9th Financial Management Detachment, 24th Financial Management Company, becomes an American citizen at the 19th United States Forces-Iraq Naturalization Ceremony, Feb. 21 at Al-Faw Palace in Baghdad.

U.S. Army photo by Staff Sgt. Constance Oberg



LEFT: Cast members sing "Lift Every Voice and Sing" during the African American History observance, which was held recently at Contingency Operating Base Speicher, Iraq, in honor of Black History month