

The Expeditionary Times

Proudly serving the finest expeditionary service members throughout Iraq

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Keep that mail coming
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Don't mess with that guy
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Sword fight, anyone?
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U.S. Army photo by Spc. Zane Craig

Chief Warrant 3 Rodney Bearman, an ammunition technician with the 310th Expeditionary Sustainment Command and an Ossian, Ind., native, teaches Iraqi Soldiers about ammunition safety procedures June 5 on Forward Operating Base Honor, Iraq. More than 25 Iraqi Soldiers participated in the five-day class to train them so they can train others in the Iraqi Army in the use and storage of American-made ammunition.

'Boom' goes the dynamite

Ammunition safety class is first of its kind to teach Iraqis the essentials in handling and storing explosives

STORY BY
SPC. ALLYSON PARLA
EXPEDITIONARY TIMES STAFF

FORWARD OPERATING BASE HONOR, Iraq - Inside an old, once abandoned structure, the temperature rises to well over 100 degrees on a warm day on Forward Operating Base Honor, Iraq. Props, such as a 155 mm inert round, used to demonstrate proper ammunition inspection, fill the corners of the room, while diagrams posted on the wall

explain a variety of ammunition in English and Arabic. It was like any other first day of school, filled with nervousness and excitement.

More than 25 Iraqi Soldiers gathered inside this converted trailer for a five-day class on ammunition accountability, storage and distribution taught by three Soldiers from the 310th Expeditionary Sustainment Command. Aided by a linguist to translate, the class was attended by Iraqi military personnel ranging from private to general.

This was also the first ammunition class for the Iraqi Army taught by Soldiers of the

310th ESC.

"This class shows the cooperation between the two armies - the U.S. Army and the Iraqi Army," said Brig. Gen. Mohammad Ali, commander of the ammunition depot here who worked tirelessly to implement the new class. He has been a commander in the new Iraqi Army for three years, although he has more than 25 years' experience in the Iraqi Army.

The class is part of the Iraqi Advisory and Training Mission, which is preparing the Iraqi Army to sustain itself as the United States continues to re-posture forces here. To date, the Iraqi Army has purchased more than \$224 million worth of new ammunition, said Walter Oates, the ammunition advisor to the Iraqi Army and a native of Birmingham, Ala.

The Iraqi Army is projected to receive annual shipments of ammunition through 2014, and they are expected to spend at least another \$140 million by then, Oates said.

The information offered in the class is essential for Iraqi service members who will train their fellow Soldiers on how to handle ammunition.

"The translation from English to Arabic was my biggest concern," said Staff Sgt. Matthew Holmes, the noncommissioned officer-in-charge of total ammunition management information systems for the 77th Sustainment Brigade, 310th ESC, a native of Lexington, Ky., and an instructor for the class.

See **AMMO**, pgs. 8 & 9

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Do you have a story to tell?

The 310th ESC PAO is looking for Soldiers who have previously deployed for interview opportunities and for photographs from Joint Base Balad, COB Adder, Camp Taji, COB Speicher, and from all around the country of Iraq.

If you are interested in submitting a story or photograph of your own, please e-mail us at:
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The Chaplain's Corner

Look to your service's values to answer age-old question

MAJ. DALE NELSON
310TH ESC CHAPLAIN



“Am I my brother's/sister's keeper?” That is, “Am I responsible for the well-being of others outside of my immediate family?” This could probably be one of the most asked questions of people from all

faith backgrounds. Should individuals be concerned with the social justice of others when recommending both rewards and punishment? Or should we be fair and impartial when interpreting policies and procedures?

Perhaps we can begin to answer these questions by looking at a school of thought called existentialism.

Existentialism refers to the human existence or condition. Existentialist philosophers such as Soren Kierkegaard and Friedrich Nietzsche often focused more on what they believed was subjective, such as beliefs and religion, or human states, feelings and emotions. These include such things as freedom, pain, guilt and regret, as opposed to analyzing objective knowledge, language or science.

One can find a faith-based answer to these existential questions in a Biblical passage by the prophet Micah. In Micah 6:8, the prophet addresses some of the concerns of the people in what was required of them and their relationship with God. Micah's answer probably came as a surprise to the people, because they were seeking answers that only addressed their personal requirements in relationship to God, not to include their relationship with the entire community of faith. Micah empathically answers

“yes” to the existential question “Am I my brother's/sister's keeper?” He tells the people of faith (then and now) that in their relationship with one another, God requires them to act justly, love mercifully, and walk humbly with Him.

The first two implications, justice and mercy, involve relationships between people, and the latter addresses the connection of relationships between people in response to their relationship with God and people of faith. However, if one stands outside of the Christian faith, what then is their response to the existential question “Am I my brother or sister's keeper?”

I submit that the core values of the Army, Air Force and Navy all address this existential dilemma: the Army Values of Loyalty, Duty, Respect, Selfless-Service, Honor, Integrity, and Personal Courage; the Air Force Values of Integrity first, Service before self, and Excellence in all we do; and the Navy Values of Honor, Courage and Commitment.

“I submit that the core values of the Army, Air Force and Navy all address this existential dilemma.”

- Maj. Dale Nelson

Men and women of all ranks and our civilian counterparts are encouraged to live the core values of the branch in which they serve. I am convinced that these values address the existential requirements of how to be and become our brother's and sister's keepers. Perhaps if we internalize this faith-based answer and each military branch's core values, we can ourselves resolve the existential dilemma with a resounding yes!

I encourage all of our brothers and sisters in arms, Department of Defense civilians and contractors to be just in their dealings, to be exemplary in their deportment with one another and to work diligently in administering justice, compassion, understanding, and empathy in their daily communication with one another.

“Men and women of all ranks and our civilian counterparts are encouraged to live the core values of the branch in which they serve.”

- Maj. Dale Nelson

The Expeditionary Times

**310th ESC Commanding General:
Brig. Gen. Don S. Cornett, Jr.**

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The Real Barracks Lawyer

Think twice
before dying
without a willCAPT. DANIEL RIECK
310TH ESC CHIEF OF LEGAL SERVICES

I hate to be the bearer of bad news, but one day you and everyone you know will die (though hopefully not at the same time). If that fact causes you undue emotional distress, might I suggest re-reading the Chaplain's article? If, however, that idea made you think "Holy cow! What about my awesome stuff?" you've come to the right place. This article will look at wills and why you probably want and/or need one.

A Last Will and Testament is a legal

document that controls the disposition of your property at death. It can also provide for guardianship of your children and can even give directions about what kind of funeral you want. A will has no legal effect as long as you are living.

Your estate is all the property and personal belongings you possess at the time of your death. This could include real estate, cash, whatever is in your bank accounts, cars, and your personal items. The proceeds of an insurance policy, although it is part of your estate for tax purposes, will normally pass to the beneficiaries designated in the policy. In other words, talk to the finance section about changing the beneficiaries of your Servicemembers Group Life Insurance policy.

For the most part, you are free to name whomever you want as the beneficiary of your estate. In fact, you can even create a spreadsheet that shows exactly which person will get exactly which item of yours. In most states, a married person cannot completely disinherit their spouse and you

can't give away property you owned in conjunction with another person. Aside from that, you're free to give your things to whomever you want. Might I suggest a certain legal assistance captain who is in the market for a new truck?

One question I get a lot is whether someone even needs a will. In typical lawyer fashion, I usually answer with "it depends." If you die without a will (or "intestate," in geeky lawyer speak), your property is divided according to a formula created by your state's legislature. In other words, you get no say in what happens to your things if you die without a will. More important to you parents, however, is that you get no say in who takes care of your kids. You'd like to think the trusted grandparent or family member would get the kids, but that's not always the case.

So who needs a will?

In my opinion, if you have kids, a large estate and/or real property, you should have a will. Additionally, you should seriously consider getting one if you want certain

items distributed to certain people or if you have specific requests regarding your funeral. Want to be buried with full military honors? You might not get that treatment without a will requesting it.

The final thing to think about when getting a will is who will be your executor. An executor, or personal representative, is the person you pick to manage and settle your estate according to your will. They will make sure that the proper papers are filed and that your wishes are carried out. To be blunt, pick someone responsible. You should also consider picking a back-up executor in case your first choice is unable or unwilling to fulfill his/her duties.

We are all in dangerous professions working in dangerous places. A bit of planning, however, can make sure that your wishes are followed out and that your family is properly provided for. Also, a will can provide you with that one last chance to stick it to that family member you can't stand. Either way, contact your local legal office to talk about creating your will.

The Weekly Standard

Be mindful of how
relationships affect
your unit, how they
can be perceivedMASTER SGT. MALEAH JOHNSON
310TH ESC ASSISTANT INSPECTOR GENERAL

Soldiers of all ranks socialize in many different settings on and off duty. Soldiers' social engagements and activities may include military functions, religious services, sports events, or any other off-duty gathering.

The engagements may build trust and confidence among

Soldiers while strengthening unit bonds, but it can often lead to inappropriate relationships and/or negative perceptions.

It is important that leaders enforce the Army's relationship standard to prevent inappropriate relationships or perceptions from occurring. The actions or bad intentions of a few Soldiers can result in career-ending consequences and severe damage to unit cohesion.

Prevention of an inappropriate relationship is a chain of command responsibility.

Leaders must educate Soldiers about the rules and regulations prohibiting certain relationships. Army Command Policy (AR 600-20, para. 4-14b) prohibits such relationships between Soldiers of different ranks (different gender and same-gender relationships) if one or all of the following situations occur:

- compromising, or appearing to compromise, the integrity of supervisory authority or the chain of command
- causing actual or perceived partiality or unfairness
- involving, or appearing to involve, the improper use of rank or position for personal gain.
- being, or are perceiving to be, exploitative or coercive in nature
- creating an actual or clearly predictable adverse impact on discipline, authority, morale or the ability of the command to accomplish its mission

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- being, or are perceiving to be, exploitative or coercive in nature
- creating an actual or clearly predictable adverse impact on discipline, authority, morale or the ability of the command to accomplish its mission

DA Pam 600-35, (Relationships Between Soldiers of Different Rank) provides guidance and examples of relationships between Soldiers of different rank.

The pamphlet further explains the policy contained in AR 600-20, paragraphs 4-14 through 4-16. Leaders should encourage Soldiers to review the references cited in this article to better understand and prevent prohibited relationships from occurring.

Inform your chain of command if you have knowledge of inappropriate relationships occurring within your unit.

Give the commander a chance to address the issue and take appropriate action before it damages unit effectiveness and cohesion.

Traditions build strong relationships

STORY AND PHOTO BY
CAPT. ANTWONE WILSON
4TH SUSTAINMENT BRIGADE

CONTINGENCY OPERATING BASE ADDER, Iraq – The Iraqi-Based Industrial Zone is a theater wide program that promotes economic and infrastructural development to Iraq.



"I always enjoy meeting new people and interacting with different cultures."

- Pfc. Jovevani Fontanez

Contingency Operating Base Adder has a very lively and robust IBIZ that provides positive socio-economic value to its surrounding area.

Working with the local populace creates many opportunities to build strong bonds and relationships through observing some of the local traditions.

Recently, Soldiers of the Special Troops Battalion, 4th Sustainment Brigade, 310th Expeditionary Sustainment Command, were invited to share a traditional meal with one of the shop owners at the IBIZ. These Soldiers work in the IBIZ section of the COB Adder Mayor Cell and work closely with the shop owners.

"I always enjoy meeting new people and interacting with different cultures," said Pfc. Jovevani Fontanez, a Guayama, Puerto Rico, native, and an IBIZ technician with the 4th STB. "It's not every day that you get a chance to do something like this. The food was great and the tea was really good. I wish more Soldiers had a chance to experience the local culture in this way."

It appears the IBIZ program will leave a lasting mark on Iraq and its people for years to come.



Cpl. Heather Rourke, a San Antonio native, and personnel actions noncommissioned officer with Special Troops Battalion, 4th Sustainment Brigade, 310th Expeditionary Sustainment Command; Cpl. Shavon Jones, a Newark, N.J., native and the noncommissioned officer-in-charge of the 4th STB's mail room; and Pfc. Jovevani Fontanez, a Guayama, Puerto Rico, native and an Iraqi-Based Industrial Zone technician with the 4th STB, share a meal with owners of a rug shop in the IBIZ building on Contingency Operating Base Adder, Iraq.

General awards Soldiers for accident avoidance

STORY BY
CAPT. RUSS CUNNINGHAM
1-163RD CAVALRY REGIMENT

CONTINGENCY OPERATING BASE

ADDER, Iraq - One of the highlights of leadership in the Army is the ability to recognize outstanding Soldiers for their many contributions to the success of any unit, large or small.

Brig. Gen. Don S. Cornett, Jr., commanding general of the 310th Expeditionary Sustainment Command and an Aurora, Neb., native, took the opportunity during his visit to Contingency Operating Base Adder to recognize Montana National Guard Soldiers May 10 from the 1st Combined Arms Battalion, 163rd Cavalry Regiment, 4th Sustainment Brigade, 310th ESC.

Cornett presented combat action badges to nine Soldiers with Echo Company, 1st CAB. The award recognizes Soldiers

who were personally present and actively engaging or being engaged by the enemy and performing satisfactorily in accordance with the prescribed rules of engagement.

The badges were awarded for three improvised explosive device attacks involving the convoy escort teams.

Soldiers awarded the CAB were: Spc. Brandon Dunkerson, a mechanic with Echo Company, 1st CAB and a native of Ronan, Mont.; Spc. Jeffery Martin, a gunner with E Co. and a native of Ronan, Mont.; Staff Sgt. Jonathan Rassmusson, a truck commander with Alpha Co., 1st CAB and a native of Billings, Mont.; Sgt. Henry McLaughlin-cross, a truck commander with A Co. and a native of Helena, Mont.; Spc. Dustin Schimetz, a gunner with A Co. and a native of Minot, N.D.; Spc. Brandon Thronson, a driver with A Co. and a native of Billings, Mont.; Spc. Nick Vanmierlo, a driver with A Co. and a native of Roundup, Mont.; Spc. Tyler Catron, a driver for Bravo Co. and a native of Missoula, Mont.; and Pfc. Joshua

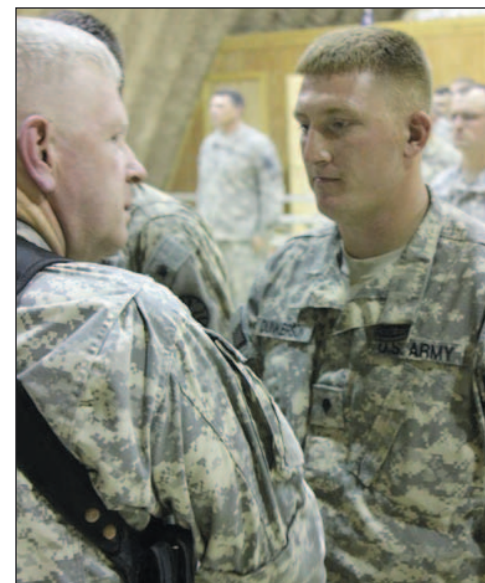
Sweeney, a gunner for B Co. and a native of Anaconda, Mont.

Cornett also awarded three team commanders with Army Achievement Medals for leading their teams through 100 accident-free days.

Staff Sgt. Matthew Sather, convoy commander with A Co., said this accomplishment is significant when considering how often they are on the road, what goes into maintaining their vehicles, and how much they put into their off-time activities.

"I'm happy we've gone this long without serious incidents," Sather said. "If we make it through the rest of the deployment without anything serious happening, I'll be happy."

The Soldiers awarded were: Sgt. 1st Class Lorin Peterson, a convoy commander with A Co. and native of Billings, Mont.; Staff Sgt. Troy Mellum, an assistant convoy commander with A Co. and a native of Helena, Mont.; and Staff Sgt. Matthew Sather, convoy commander with A Co. and a native of Billings, Mont.



U.S. Army photo by Sgt. 1st Class John Yeager

Spc. Brandon Dunkerson, a mechanic with Echo Company, 1st CAB and a native of Ronan, Mont., receives a Combat Action Badge from Brig. Gen. Don S. Cornett, Jr.



Spc. Natasha Ware and Spc. Justin Williams, both human resources specialists and certified mail handlers with the 189th Combat Sustainment Support Battalion, 4th Sustainment Brigade, 310th Expeditionary Sustainment Command, sort the latest arrival from the Al Asad Air Base Mail Distribution Center.

'Snail mail' still has not lost its effect in boosting morale

STORY AND PHOTO BY
SGT. 1ST CLASS ROGER PHILLIP
189TH CSSB

AL ASAD AIR BASE, Iraq - Spc. Natasha Ware, a human resource specialist and certified mail handler with the 189th Combat Sustainment Support Battalion, 4th Sustainment Brigade, 310th Expeditionary Sustainment Command and a New Jersey native, is helping to boost morale for Soldiers in her battalion by ensuring they receive their letters and care packages from family and friends back home.

Mail operations for the 189th CSSB are in full gear, with sometimes more than 50 large boxes arriving at any given time.

Ware works in the mail room as an additional duty. She said at first, she was doubtful about the idea of extra work, but she soon realized the impact letters and packages have on Soldiers.

"Soldiers are happy when they receive mail," she said. "Mail operations have a serious effect on their morale."

For as long as there have been deployments for Soldiers, there has been military mail. Even in this age of the internet, it remains a huge morale booster for troops.

"The mere possibility of some buried goodie in a box or

some special piece of news in a letter still makes mail call one of the best parts of a deployed Soldier's day, even when care packages from home become routine- the same candy bars, socks and undergarments every month," Ware said.

Mail call has a clear morale boosting power. In a close-knit unit like the 189th CSSB, Soldiers who receive regular packages will often turn them into grab and go boxes full of bags of candies, books, magazines, T-shirts and personal hygiene items that they share with the rest of their team.

Leaders recognize the emotional benefits of getting a letter or care package at the war front from the bottom of the chain of command to the top, which is why the U.S. subsidizes military mail, said 1st Lt. Kristen Adams, the human resources supervisor with the 189th CSSB and native of Fultondale, Ala.

"Sending a box to a Soldier in Iraq can sometimes be cheaper than sending it domestically," Adams said. "You just need to know the APO AE address of the Soldier. Letters and care packages sent to an APO AE address actually go to New York, which means you pay domestic mail rates instead of international rates. Mail is then sent via the Army Postal Service once it leaves the country."

However, they don't call traditional post "snail-mail" without reason; some letters can take weeks to receive. Although digital mail can be received by the recipient in a matter of minutes, there is no question that sending and receiving a hand written letter via traditional mail can be exciting and enjoyable.

"There is something about this form of mail that is very personal and can be very heart warming," Ware said. "It's commonly said that it's the thought that counts, and I can see truth in that statement whenever I'm handing out mail."

In the days of cell phones, e-mail, twitter and text messages, letter writing can seem hopelessly outdated. However, the writing and reception of letters continues to offer an experience that modern technology cannot touch.

When it comes to sharing one's thoughts, sincere sympathies, ardent love and deepest gratitude, words traveling along an invisible superhighway will never suffice.

"Sending a letter is the next best thing to having my husband here with me," Ware said. "Ink from his pen touches the stationary, his fingers touch the paper and his lips seal the envelope. The paper that was sitting on his desk, now sits on mine."

Letters create a connection that modern, impersonal forms of communication will never approach. Thus "snail mail," as it has done for generations of Soldiers past, is continuing to perform a significant role in boosting the morale of troops for the unforeseeable future.

Soldiers duke it out in combatives refresher

STORY AND PHOTO BY
SPC. CRYSTAL WILLIAMS
941ST TRANSPORTATION COMPANY

CONTINGENCY OPERATING BASE ADDER, Iraq – Soldiers with the 941st Transportation Company, 749th Combat Sustainment Support Battalion, 4th Sustainment Brigade, 310th Expeditionary Sustainment Command, participated in basic hand-to-hand combative training here.

The training consisted of hand-to-hand combat as an engagement between two or more persons, with or without hand-held weapons, such as knives, sticks, or projectile weapons within the range of physical contact.

“Class was great, it was a good refresher,” said Sgt. Terrance Clausell, a Mobile, Ala., native, and truck driver with the 941st Trans. Co.

Instructors showed the Soldiers moves

and they followed.

“It is imperative that we understand the movements so we don’t hurt one another,” said Sgt. Brian Salvo, a Charleston, S.C., native, and truck driver with 941st Trans. Co. “It is also important because we want the most up to date training available.”

Combatives training was developed in 2001 out of Fort Benning, Ga. It has since been integrated into the Army’s Soldiers readiness.

“The class was very informative, simple and easy to catch on,” said Spc. Jeffrey Darwin, a Kennesaw, Ga., native, and truck driver with 941st Trans. Co. “I liked it. It was fun and a great way to get together.”

The initial techniques are simple strategies that are taught as easily repeatable drills so Soldiers can build on the basic techniques as they progress and learn more difficult mechanisms throughout the course.

Proficiency in combatives is one of the



Sgt. Ninh Pangting (top), a Greensboro, N.C., native, and Cpl. Alexander Moultrie a Charleston, S.C., native, both truck drivers with the 941st Transportation Company, 749th Combat Sustainment Support Battalion, 4th Sustainment Brigade, 310th Expeditionary Sustainment Command, duel it out during combatives training on Contingency Operating Base Adder, Iraq.

fundamental building blocks for training the modern Soldier.

“I had so much fun, it should have been longer,” said Spc. Thaddeus Austin, a

Mobile, Ala., native, and truck driver with 941st Trans. Co. “I also think that this training should have been co-ed, because all Soldiers need refreshers.”

New ‘Road Warriors’ step up, get ready to roll

STORY BY
2ND LT. DARRYL BARNETT
68TH TRANSPORTATION COMPANY

CONTINGENCY OPERATING BASE ADDER, Iraq -- After completing their rotation at the National Training Center at Fort Irwin, Calif, the Road Warriors of the 68th Transportation Company, 749th Combat Sustainment Support Battalion, 4th Sustainment Brigade, 310th Expeditionary Sustainment Command, are poised to do their part for Operation New Dawn.

The Road Warriors, a composite truck company led by their commander, Capt. Tyler D. Olsen, a Nephi, Utah, native, and 1st Sgt. Anthony J. Scymanky, a Keizer, Ore., native, assumed responsibilities from the 15th Trans. Co. in a Transfer of Authority Ceremony on Contingency Operating Base Adder, Iraq, June 7.

The company was validated at the NTC in March, after performing 60 missions totaling more than 16,000 miles in two weeks, transporting various classes of supplies.

“We are trained and ready to assume the mission,” Olsen said.

NTC allowed some of the inexperienced Soldiers in the unit to get some seat time before hitting the roads in more adverse conditions.

“It was great training and I’m glad our Soldiers were able to experience it,” said Staff Sgt. Jimmie Burnett, a motor transport driver with the 68th Trans. Co., and a Houston, Texas, native. “The roads gave us a chance to evaluate all of our drivers and to teach them how to maneuver the vehicles on hard and soft surfaces, along with teaching them how to react to vehicle break down and other mishaps that may occur while we are in theater.”



Spc. Nita Mixaykham, a human resources specialist with the 941st Transportation Company, 749th Combat Sustainment Support Battalion, 4th Sustainment Brigade, 310th Expeditionary Sustainment Command and a High Point, N.C., native, is happy to receive care packages sent by Operation Gratitude June 13 on Contingency Operating Base Adder, Iraq.

Operation Gratitude delivers care packages, smiles to Soldiers

STORY AND PHOTO BY
SPC. CRYSTAL WILLIAMS
941ST TRANSPORTATION COMPANY

CONTINGENCY OPERATING BASE ADDER, Iraq - Soldiers with the 941st Transportation Company, 749th Combat Support Sustainment Battalion, 4th Sustainment Brigade, 310th Expeditionary Sustainment Command, are getting a taste of home when they visit their mail room.

“Operation Gratitude,” a volunteer organization, sends packages to Soldiers in deployed environments filled with a variety of goodies for the Soldiers to enjoy.

“A lot of Soldiers do not receive boxes from loved ones

and really feel alone or unappreciated,” said Spc. Crystal Williams, a human resources specialist with the 941st Trans. Co., and a San Bernardino, Calif., native. “Signing up my unit for care packages gives me a good feeling to make all Soldiers feel thought of.”

The effort put forth by the volunteers is met with equal amounts of gratitude by the Soldiers.

“To anyone who takes the time out to send us snacks, personal hygiene stuff and things to keep us cool --we thank them,” said Pfc. Aja Singleton, a motor transport operator for the 941st Trans. Co. and a Charleston, S.C., native.

“It puts a smile on our faces when we receive these boxes, and it lets us know that there are people out there that care about our well-being.”

Commo gets job done at Al Asad

STORY BY
1ST LT. KRISTEN ADAMS
189TH CSSB

AL ASAD AIR BASE, Iraq – Soldiers of the communications and information technology (S-6) shop for the 189th Combat Sustainment Support Battalion, 4th Sustainment Brigade, 310th Expeditionary Sustainment Command have played a critical role in setting up and maintaining communications in and around the area of operations for the Supercharger battalion since they set foot on ground in late February.

“When deploying to a combat zone such as Iraq or Afghanistan, there are two things that the commander is concerned with from the start: accountability and communications,” said Sgt. 1st Class Victor Valentine, the S-6 noncommissioned officer-in-charge for Headquarters and Headquarters Company, 189th CSSB and a Raleigh, N.C., native.

Valentine tirelessly manages the personnel and equipment necessary for seamless and consistent communications operations.

“I’m a new addition to the 189th CSSB,” he said. “The unit cohesion and loyalty in 189th I witness daily is what makes this unit run so efficiently. This is my third time in Iraq, and so far there are no problems, only challenges offering opportunities for growth.”

From the start of the deployment, the automations and telecommunications Soldiers of the section have taken over every aspect relating to networking, user management, troubleshooting, telecommunications, data integrity and file management. The team has created hundreds of user accounts along with setting up other peripheral items such as printers and digital senders.

Spc. Carl Saunders, an information systems specialist for the 189th CSSB and a native of Richmond, Va., is responsible for ensuring all radio equipment is serviceable and in good operating order while cross-training on troubleshooting issues dealing with automations.

“Sometimes I feel like I’m working in a family-owned business, with us pulling together to keep the time here running smoothly,” he said.

In May, the team provided iridium satellite radio training for all communications personnel on Al Asad Air Base.

Valentine and the knowledgeable, experienced Soldiers of the section are the driving force behind the 189th CSSB communications.



Iraqi police demonstrate how to collect evidence during their graduation from the Mosul Public Service Academy in Mosul, Iraq, June 12. During their four-week training course, Iraqi police trainees also learned police ethics, martial arts, crime scene security, marksmanship and the rights of the accused.

Iraqi police academy trainees demonstrate martial arts, crime scene security skills at graduation

STORY AND PHOTOS BY
SPC. ANGEL TURNER
UNITED STATES DIVISION-NORTH

CONTINGENCY OPERATING SITE MAREZ, Iraq – Soldiers assigned to Task Force Shield, 4th Advise and Assist Brigade, 1st Cavalry Division, and Iraqi officials watched as police academy graduates showcased newly acquired skills at the Mosul Public Service Academy, June 12.

During the four-week basic recruit training course at the MPSA, students learned the fundamentals of operating as police officers, including police ethics, martial arts, evidence collection, crime scene security, marksmanship and rights of the accused.

“They get the building blocks of being a police officer, then they go out to their unit and get more on-the-job training,” said Lt. Col. Kevin Henderson, commander of Task Force Shield.

The Iraqi policemen demonstrated how to collect evidence at a simulated crime scene, take photographs and dust for fingerprints before allowing first responders to move in.

By exhibiting tactics and abilities, the class showed they are ready to be part of the police force, said Henderson, a native of Newburgh, N.Y.

Graduates also displayed their martial arts

skills and discipline with a demonstration of defensive techniques during a scenario where the officers protected a “dignitary” from an attack by extremists.

“Having a big graduation builds confidence,” said Henderson. “It’s like their rite of passage into the police force.”

With the completion of the basic police

training, Iraqi police officers join others in the ranks already securing the people of Ninewa province and the city of Mosul.

“These training centers are the foundation of all the training,” said staff Maj. Gen. Ahmed Hassan, the provincial director of police. “We’re not going to leave any gaps for the terrorists inside or outside the city.”



Iraqi policemen march together during their graduation June 12 from the Mosul Public Service Academy in Mosul, Iraq. In a series of exhibitions as part of the graduation ceremony, the policemen demonstrated skills learned during the four-week basic recruit training course.

Checkpoint practice helps Iraqis



An Emergency Service Unit team member conducts a vehicle inspection during a traffic control point in Kirkuk, Iraq, June 13. Soldiers of 2nd Battalion, 12th Cavalry Regiment, 1st Advise and Assist Task Force, 1st Infantry Division routinely assist the ESU in conducting TCPs, allowing Iraqi Security Forces the ability to safely search vehicles, deter weapons smuggling, apprehend violent extremist and discourage criminal activity.

STORY AND PHOTOS BY
SPC. ANGEL TURNER
UNITED STATES DIVISION-NORTH

KIRKUK, Iraq – “Warpigs” Soldiers of Delta Company, 2nd Battalion, 12th Cavalry Regiment, 1st Advise and Assist Task Force, 1st Infantry Division, trained Kirkuk Emergency Service Unit members on traffic control points on the streets of downtown Kirkuk, Iraq, June 13.

“We’re right there with them providing security and advice,” said 1st Lt. Alonzo McNeal, an armor officer with Company D. “We are continuing the advise, train and assist mission by teaching the new ESU Soldiers during the TCPs.”

McNeal, who hails from Chicago, began conducting partnered missions with Kirkuk Police and the ESU at the onset of Operation New Dawn in September 2010.

“Today, we conducted another counter-indirect fire patrol on three different named areas of interest with our Iraqi Security Force counterparts,” said McNeal. “Then we’ll check some historical rocket point-of-origin sites. This is a fairly normal day for us.”

Though ESU Soldiers lead each mission, communication between Iraqi Police and

U.S. counterparts is necessary to ensure mission completion, he added.

Each mission begins with U.S. Soldiers and ESU leaders reviewing plans, said McNeal. He added that coordination between them is important because the two most experienced teams will also conduct TCPs in other areas around Kirkuk.

The partnered teams refer to the traffic points as “snap TCPs,” as they can be set up to quickly establish security, search vehicles and move to a new location.

“The purpose of the snap TCP is to allow the ESU to deny enemy freedom of movement, deter criminal activity and disrupt indirect fire,” said Capt. Josh Van Epps, executive officer, Company D. “At this point, the ISF coordinates everything and we just provide overwatch security and ... advice.”

After patrolling the streets of southern Kirkuk, the lead Iraqi vehicle crew gave the signal to set up the TCP.

When driving in the city, you have to learn not to cut the turns too tight; be cautious, said Staff Sgt. Scott Colson, a Warpigs squad leader, warning of the threats of possible improvised explosive devices.

Six vehicles then moved into position, forming a TCP as ESU members and

policemen signaled oncoming traffic to stop.

Once the trucks moved into position, Warpigs Soldiers established security while ESU members conducted the stop, said Colson, who hails from Longview, Wash.

“The ESU are going to take the lead on everything,” said Colson. “We’ll just provide security. The (Lieutenant) will answer any questions they might have.”

ESU members inspected several vehicles under the watchful eyes of U.S. Soldiers before taking down the TCP and moving onto another area of the city.

“I think that we did well,” said McNeal, speaking of the U.S. and Iraqi forces. “We were successful by showing our presence within the city. It shows the people we are still out here trying to protect them.”



U.S. and Iraqi forces conduct partnered snap traffic control points in downtown Kirkuk, Iraq, June 13. Snap TCPs allow security forces the ability to safely search vehicles, deter weapons smuggling, apprehend violent extremists and discourage criminal activity.

AMMO: Class provides Iraqi Soldiers opportunity to practice proper ammo safety techniques

Continued from pg. 1

Like English words, some Arabic words have multiple meanings, and the translator went through the training slides to clarify those words, Holmes said.

Additionally, the interpreter was fluent in ammunition terms, types and capabilities, he said.

"When I first read the [fragmentary order] about teaching this course and what the requirements were for teaching, I knew it was something I wanted to do," said Holmes, who has taught ammunition courses before, but never to Iraqi Soldiers.

"Working in a supply point as a logistician with a sustainment command, there really isn't an opportunity to work with a host nation or foreign country's military," said Chief Warrant Officer 3 Rodney Bearman, an ammunition technician for the 310th ESC and an Ossian, Ind., native.

The course was an idea of Ali, who realized the need for an ammunition class to train his Soldiers effectively.

Before the course, the Iraqi Army didn't have any training materials, manuals or instructions, even in English, for the Soldiers who would be handling the newly purchased ammunition.

Managing the logistics of the course included making several trips to the Iraqi compound over a four-week period, said Master Sgt. Harry Spencer, an adviser and trainer for the 77th Sust. Bde. and a native of Huntington, W.Va. Spencer spent many hours talking to Ali to ensure that equipment, such as a projector, was available for use in the classroom.

"They gave me five trailers and a generator for my unit," said Ali, referring to what the U.S. forces provided. "They supported me with their expertise, with equipment for my depots for the storage and ammunition warehouses. They were very supportive."

About 12 types of Department of Defense

Identification Codes were taught during the course, said Spencer, referring to the alphanumeric value that represents different types of ammunition. Although the Iraqi Soldiers taking the course all had some knowledge of ammunition and at least three years of experience in the field, the information the 310th ESC Soldiers taught them was brand new.

"We didn't have any background knowledge of this ammunition," Ali said. "This course teaches us basic information about the 120 mm – how to handle it, how to store it, [and] what the criteria for inspection containers or rounds inspection is. Now, since we have the information and we are learning about this ammo, we can teach our Soldiers back in the field how to handle this ammo too."

The Iraqi leadership present in the class had a lot of experience with Soviet-era weaponry, said Bearman, who didn't expect the level of ammunition proficiency and knowledge demonstrated by students in the class.

"I would look at the students. I would hear the translator speak and I would see the looks on the students' faces; that they

were comprehending what was going on," Bearman said. "They were capturing the important parts of the instruction. When you see that happening repeatedly, it makes you feel like you are getting something across, that the students are learning."

Bearman added that the course was fairly intense as it relates to the amount of information that was given in such a short amount of time.

Soldiers had the opportunity to see how U.S. ammunition is safely stored and packaged during a field trip June 8 to the Ammunition Transfer Holding Point at Victory Base Complex, Iraq.

"Safety is the most important piece of dealing with ammunition," Bearman said. "Dealing with ammunition is inherently dangerous. If they do not have a basic concept of segregating it, storing it, and transporting it, the life expectancy of those rounds will decrease considerably."

Bearman added that the whole point of instructing the Iraqis to deal with the DODICs was to help them handle the ammunition safely.

"I'm an ammunition specialist and handled all the ammo I'm teaching, and still it scares me a little bit because I know its potential," Holmes said. "I would hate that someone who wasn't paying attention did something they weren't supposed to, because the end result would be death."

The newly formed Iraqi Army ammunition command is composed of nearly 10 commands spread throughout the country and is fundamental to the success of the Iraqi Army's transition to control and responsibility here. Successful development of the



Chief Warrant Officer 3 Rodney Bearman, an ammunition technician with the 310th Expeditionary Sustainment Command, prepares his class of Iraqi Soldiers to tour a U.S. ammunition storage facility at the Victory Base Complex, Iraq. More than 25 Iraqi Soldiers participated in the five-day class in order to train them to the Iraqi Army in the use and storage of American-made ammunition.

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Chief Warrant Officer 3 Rodney Bearman, an ammunition technician with the 310th Expeditionary Sustainment Command, prepares his class of Iraqi Soldiers to tour a U.S. ammunition storage facility at the Victory Base Complex, Iraq. More than 25 Iraqi Soldiers participated in the five-day class in order to train them to the Iraqi Army in the use and storage of American-made ammunition.

U.S. Army

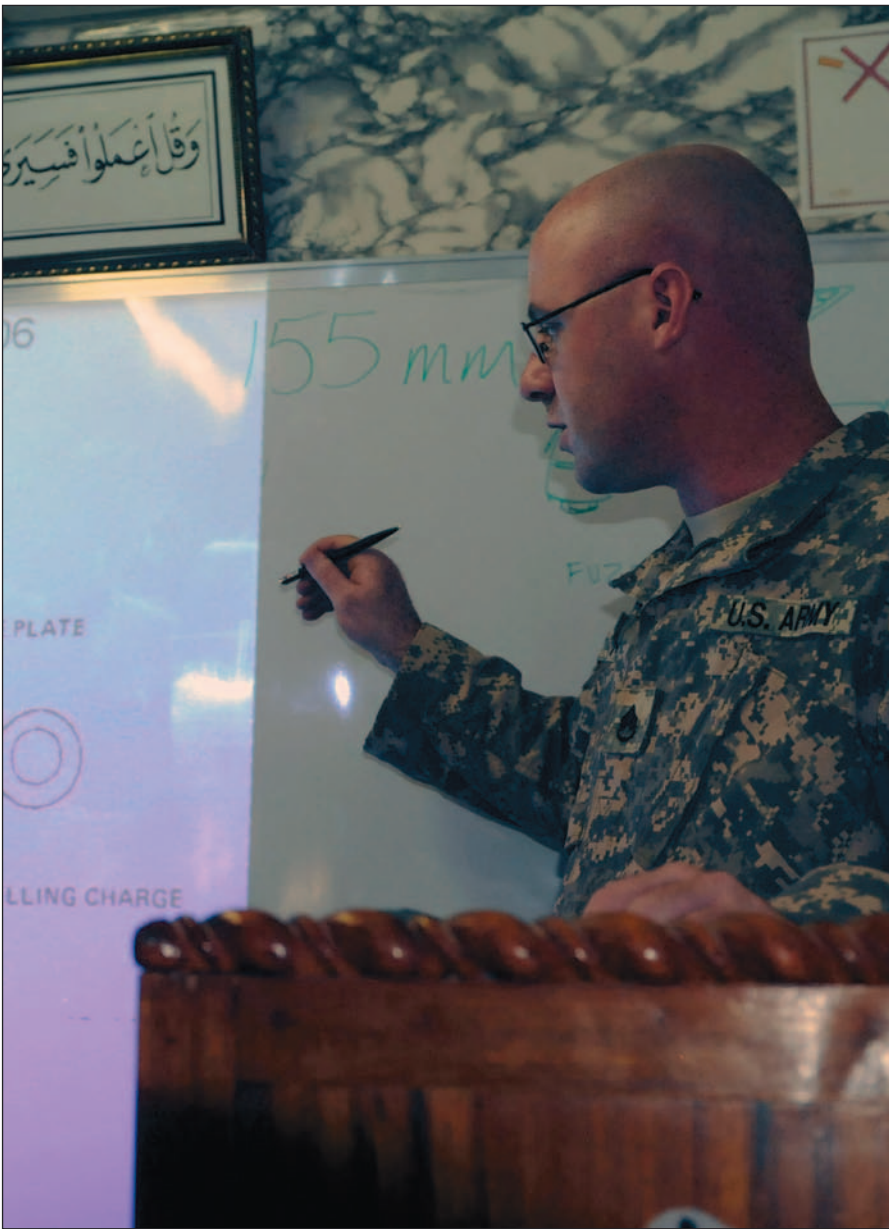


U.S. Army photo by Spc. Zane Craig

Chief Warrant Officer 2 Javier Gonzalez, the Camp Liberty Ammunition Supply Point accountability officer with the 25th Infantry Division and a Cross City, Fla., native, answers an Iraqi officer's questions about American ammunition June 8 at Victory Base Complex, Iraq. More than 25 Iraqi Soldiers participated in the five-day class to train them to train others in the Iraqi Army in the use and storage of American-made ammunition.

can be credited to the Iraqi and U.S. soldiers who are dedicated to making this a success. "When I formatted this unit, I didn't have an office to work in for me and I didn't have a driver," said Ali, who used his drivers' skills to build the wooden chairs for the shift classroom. "I want something, I do it," he said. The partnership between the Iraqi Army and U.S. Army proved beneficial, and

would not have been possible without cooperation from both sides. "There is an Iraqi saying: 'one hand cannot clap without the other,'" said Ali, who aims to conduct two classes every year and has already organized four, both for officers and enlisted service members, since taking command three years ago. By the last day of class, the partnership between the Iraqi and U.S. Soldiers proved to be a mutual learning experience.



U.S. Army photo by Sgt. Allyson Parla

Staff Sgt. Matthew Holmes, the noncommissioned officer-in-charge of total ammunition management information systems for the 77th Sustainment Brigade, 310th Expeditionary Sustainment Command, an instructor for the five-day ammunition course for Iraqi Soldiers, and a native of Lexington, Ky., gives instruction on the 155mm round June 7 on Forward Operating Base Honor, Iraq. The course is part of the Advise, Train and Assist mission, an integral part of Operation New Dawn.



U.S. Army photo by Spc. Zane Craig



U.S. Army photo by Sgt. Allyson Parla

Brig. Gen. Thaffer H. Al-Zubaidi (Ret.), a civilian contractor with the ammunition and ammunition requisitions follow-up section in the General Ammunition Command, demonstrates how a 120mm cartridge goes inside of a storage container during the ammunition class.



U.S. Army photo by Spc. Zane Craig

Chief Warrant Officer 2 Javier Gonzalez, the Camp Liberty Ammunition Supply Point accountability officer with the 25th Infantry Division and a Cross City, Fla., native, watches as the translator simulates the disposal of live ammunition June 8 at Victory Base Complex, Iraq. More than 25 Iraqi Soldiers participated in the five-day class to train them to train others in the Iraqi Army in the use and storage of American-made ammunition.

Medieval sparring challenges Soldiers

STORY AND PHOTO BY
STAFF SGT. JACOB PARKER
1-163RD INFANTRY REGIMENT

CONTINGENCY OPERATING BASE

ADDER, Iraq - While deployed, Soldiers often find new hobbies to occupy their time when they are not out on a mission or doing other training. Some play instruments, others read and many play video games.

One of the most unique hobbies some Soldiers from 1st Combined Arms Battalion, 163rd Infantry Regiment, 4th Sustainment Brigade, 310th Expeditionary Sustainment Command, have taken up is sparring with padded swords.

Sgt. John Oglesby, a gunner with Alpha Company, 1st CAB and a Billings, Mont., native, brought his hobby of sparring or “ditching” with him to Iraq and has since gained several new members to his group of swordsmen.

Their battles take place in a large hole across from the Soldier’s living area that they have dubbed “The Pit.” The lower elevation of “The Pit” with its raised viewing area gives spectators the sense of watching gladiators in an arena. The foam-padded weapons in the bright sun of the Iraq desert have a shine to them resembling polished steel, although without the metallic ring of metal to metal contact when struck against each other.

Oglesby has been sparring for more than 25 years with organizations such as Amtgard and the Society for Creative Anachronism, which are two international organizations dedicated to recreating the arts of the renaissance and the Middle Ages.

“I am almost 50, I don’t think I’ll ever quit doing this,” Oglesby said. “It’s a good stress reliever and it’s an awesome exercise.”

SCA promotes sparring and mock battles using weapons and armor that are inspired by pre-seventeenth century armaments. Their battles can involve just two

people dueling or many people representing opposing armies. The rules for each organization differ somewhat to represent the nature of combat involved within the organization.

Amtgard, which is fantasy-based, allows magic to be used by its participants and has armor and clothing that is given a point value reflecting how much force is needed from certain weapons to deal damage to the wearer of the garb. It is up to the individual’s honor to say if an opponent’s strike was hard enough to be considered a death blow.

The SCA, which is devoted to historical re-enactment and does not have spell casters, allows its members to have armor materials best-suited to offer protection against the strikes of the contender’s weapon. Authentic armor can be worn, but some contestants wear armor made of carpet or other material that offers padding and protection.

There are certain rules for the use of weapons that have been improvised to prevent injury to the contestants. Blunted tips are used to prevent the likelihood of eye injuries, and the required thickness of padding on the weapons is established to prevent bruises and other injuries from blows.

Other rules that apply are if a limb is struck it becomes unusable, if two limbs are struck, the combatant is considered dead. If a contestant is struck with the flat edge of a sword or blade it does not count as a kill, nor is a hit on a hand considered debilitating. Referees can be used to call the battles and make sure everyone is abiding by the rules established for duels or battles.

Organizations offer some creative freedom to their participants on what kind of armor they wear. It doesn’t necessarily have to match from head to toe nor be from the same era.

The weapons and armor Oglesby uses, which he made himself, consists of a combination of Roman, Greek and Viking attire.

His helmet is a Viking ocular, which is a domed helmet with a goggle style visor for eye protection. His cuirass, which is based



Sgt. John Oglesby (right), a convoy escort team gunner with Company A, 1st Combined Arms Battalion, 163rd Infantry Regiment, 4th Sustainment Brigade, 310th Expeditionary Sustainment Command and a native of Billings, Mont., drops to his knees to block an attack from Spc. Brandon Thronson, a convoy escort team gunner with Co. A, 1-163 Inf. Regt. and a native of Billings, Mont., in “the Pit” on Contingency Operating Base Adder, Iraq.

off of the Roman style segmentata, is worn as body armor. Leather greaves and leather bracers protect his legs and arms, and his shield is a typical round shield.

His weapons vary from single to double swords, or the use of a weapon called a glaive, which looks like a pole with a large knife at the end.

Oglesby and the other participating Soldiers start their match with a round-robin warm-up where the winner of each duel remains to fight the next.

Following the end of their warm-up, the Soldiers are already sweating profusely, they move into a two-on-two battle. The teammates stand side by side, using cooperation in order to not expose their battle buddy as they fought and moved around the pit.

Oglesby usually has four to six people

that join him in the pit.

Spc. Brandon Thronson, a Billings, Mont., native and Mine Resistant Ambush Protected vehicle driver with Co. A, 1-163rd Inf. Regt.; Spc. Nicholas Vanmierlo, a Roundup, Mont., native and MRAP gunner with Co. A; Spc. Paul Hanson, a Billings, Mont., native, and MRAP gunner with Co. A; and Staff Sgt. John Arnold, a Butte, Mont., native and convoy escort team commander with Co. A; often join Oglesby in the pit.

“I like history and medieval stuff just fascinates me,” Thronson said. “It makes the time go by faster.”

As stories spread via word-of-mouth, other members of their unit have expressed interest in joining the group.

“My advice to skeptics is, don’t knock it until you try it,” Oglesby said.

‘Super Bullets’ conduct study halls for boards

STORY BY
SPC. VICTORIA PRESCOTT
8TH ORDNANCE COMPANY

CONTINGENCY OPERATING BASE

ADDER, Iraq – The Soldiers of 2nd Platoon, 8th Ordnance Company, are beginning to make a name for themselves within the 749th Combat Sustainment Support Battalion, 4th Sustainment Brigade, 310th Expeditionary Sustainment Command.

Two Soldiers from the detachment recently won the Soldier of the Quarter and Soldier of the Month awards for the battalion.

Now another Soldier is setting his sights on continuing that tradition of excellence.

Spc. Keith Gonzalez, an ammunition

stock control clerk with the 8th Ord. Co., is embarking on a journey to further his military career by competing in June’s Soldier of the Month board.

He studies every evening for a study hall session with fellow Soldiers providing positive feedback and constructive criticism to his performance.

Gonzalez said he hopes his hard work and dedication will pay off.

“I’m learning with my peers and we are all becoming better Soldiers,” Gonzalez said. “This study hall has boosted my confidence and I am ready to do my best at the board.”

Staff Sgt. James Walker, an ammunition noncommissioned officer from 3rd Armored Cavalry Regiment attached to 8th Ord. Co., said he is extremely impressed by the motivation the Soldiers are showing.

“Being a detachment out here repre-



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

Spc. Keith Gonzalez, a Soldier with the 8th Ordnance Company, 749th Combat Sustainment Support Battalion, 4th Sustainment Brigade, 310th Expeditionary Sustainment Command, reads a Soldier of the Quarter study guide at Contingency Operating Base Adder, Iraq.

sending 8th Ord. Co. is showing the pride of the ‘Super Bullets.’ Coming from a small element and actually winning is very impressive,” said Walker, a Greenville, S.C., native. “I commend each Soldier that has the

personal courage to compete.”

“Super Bullet” Soldiers continue to show exceptional performance of duty, leadership, knowledge and combat readiness in their approach to redeployment.



Sgt. Linny Hernandez, a Killeen, Texas, native and the Class-1 noncommissioned officer-in-charge for the 565th Quartermaster Company, 749th Combat Sustainment Support Battalion, 4th Sustainment Brigade, 310th Expeditionary Sustainment Command, helps customers with their orders at the Class-1 yard on Contingency Operating Base Adder, Iraq.

Class 1 keeps Soldiers cool on COB Adder

STORY AND PHOTO BY
1ST LT. PATRYK KORZENIEWSKI
565TH QUARTERMASTER COMPANY

CONTINGENCY OPERATING BASE
ADDER, Iraq – Soldiers from the 565th Quartermaster Company, 749th Combat Sustainment Support Battalion, 4th Sustainment Brigade, 310th Expeditionary Sustainment Command have been busy at the south-side Class-1 yard handing out food and water on Contingency Operating Base Adder, Iraq.

As temperatures in Iraq continue to rise throughout the summer months, Soldiers working at the south-side Class-1 yard are noticing a spike in customers.

“It has been getting busier as the tempera-

ture rises; there is a lot of demand for water and especially ice right now,” said Sgt. Linny Hernandez, a Killeen, Texas, native and the Class-1 noncommissioned officer-in-charge.

Water and ice are in high demand for the Class 1 to provide for convoys leaving the gate, and the Soldiers are working hard to provide enough for everyone.

“Ice is getting hot, everybody wants it now,” said Staff Sgt. Shaun Mckoy, a Trenton, N.J., native and platoon sergeant for the Soldiers at the Class 1. “We have [refrigerated containers] packed with it and are still having trouble keeping up. I think it is going to be like this until October, because right now, that is all that anybody wants.”

The Soldiers that work at the southside Class 1 have a couple of busy months ahead of them with such high demand.

INTRAMURAL VOLLEYBALL

****MANDATORY COACHES MEETING WILL BE****
****HELD ON 1 JUNE AT 1900 IN EAST FITNESS CENTER.****
FOR MORE INFORMATION CONTACT EAST FITNESS AT 433-2072 OR EMAIL: 332EFSS.MWR@AFCENT.AF.MIL

1900 3 JUNE - 29 JUNE

Proper Format for Mail Address

Three Line Addressing Format

Someone **sending mail** to you **and** the proper way to write your **return address** →

Soldier Name

310th ESC

APO AE 09391

Your Family

123 Anystreet

Hometown, IL 62234

Soldier Name

310th ESC

APO AE 09391

NEVER include the country name (Iraq/Afghanistan) in your mailing address as the mail might not arrive to your APO!

WANTED

The U.S. Army's Criminal Investigation Command is seeking qualified, high-caliber Soldiers to become CID Special Agents and conduct felony investigations, provide executive protection for DOD leaders and to help safeguard the community by providing criminal investigative support into terrorist activities.

- CID has a long proud history of being the premier criminal investigative agency within the Department of the Army
- Our special agents rank among the very best of federal law enforcement
- Our highly trained agents not only have to be expert detectives, they also must be Soldiers able to execute their investigative responsibilities in the harshest of expeditionary and combat environments
- As a CID Agent, you will contribute to a safer community and a stronger Army

For more information, check out WWW.CID.ARMY.MIL, or contact Special Agent Jesus H. Goytia, Joint Base Balad CID Office, at DSN 483-4597 or jesus.goytia@iraq.centcom.mil.

Tactical Physical Training

Who: Everyone on JBB is welcome

What: A high-intensity circuit training workout that tests your will, perseverance and combat preparedness

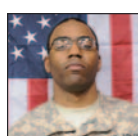
When: Tuesday, Thursday & Saturday 0530-0630
Monday, Wednesday & Friday 1830-1930

Where: JBB East Gym (behind circuit gym)



Use common sense in dealing with safety

BY SGT. STEPHEN SCOTT
EXPEDITIONARY TIMES STAFF



Common sense is defined by Merriam Webster as sound and prudent judgment based on a simple perception of the situation or facts. In the military, there are many rules, regulations and protocol, but there are just some things you just shouldn't have to open the rulebook for.

In every latrine there is a chart influencing you to play a color match game with your urine to see if you're properly hydrated. Just drink water because it makes sense.

The temperature is in triple digits almost daily, and a five-minute walk leaves you looking like you lost a water balloon fight. You know sweat is water leaving your body, and the six heat injury prevention slideshows you watched before deployment told you the dangers of dehydration.

Service members tend to think they are tough enough to handle anything, but fainting while walking to the PX is not warrior-like at all. Neither is riding your bike without a helmet.

Ok, I admit that's a little bit of an exaggeration, but you wear your helmet any time you go out on a mission, so it shouldn't be too difficult to get used to wearing one while riding your bike. Yes, the bike helmet makes you look dorky, but you look ridiculous on a bike in your ACUs anyway.

The reason the helmet makes so much sense is you're not allowed to ride on the sidewalk, so it's just you and your tired little legs against an impatient driver in a 15-passenger van. You lose that battle; you lose that battle nine times out of 10.

You're in Iraq, and it's so dusty you look like a piece of flour-coated chicken anyway. Stop trying to be cute and just wear the helmet. This is especially true at night when visibility is at a minimum.

I'm convinced there are 15 working streetlights on this whole base, so it only makes sense you wear your reflective belt at night. One night walking on the sidewalk across the street from the theater, I walked right into someone not wearing his reflective belt. If you're difficult to see on the sidewalk, you will be just as difficult to see when crossing the street.

I know it seems like I'm sensationalizing these things, but the point is to be smart. Weigh the effort it takes to implement these little things against the risk reduction you gain from implementing them.

Sometimes, though, it is having the discipline to go without that makes the most sense. As I near environmental morale leave, there are times I daydream about running in slow motion into the outstretched arms of a bottle of rum. Six months of sobriety and I still miss the feeling of imbibing alcohol, but I've never missed it so much that I've tried to find a substitution.

Experimenting with chemicals and office supplies to get a "special feeling" just isn't worth it. You don't know the effects or the damages caused by this experimentation. Think about it, some of these things work by cutting off the oxygen to your brain.

Just hold your breath for a minute: That sounds fun right?

We're all adults here. You don't need me to tell you to not use drugs, drink water, wear your helmet, or wear your PT belt. These are things you already know, you just need think about what makes the most sense.

Word on the Street

Is your deployment experience what you expected it would be?



"Yes, the pre-training prior to coming set the stage for what we are currently doing now. So there were no surprises."

Maj. Garrod Flowers is the brigade intelligence officer with the 77th Sustainment Brigade, 310th Expeditionary Sustainment Command and a Burlington, N.J., native.



"This deployment is what I expected: in the beginning, living the good life on an Air Force base; then getting to watch it all move out of country until redeployment."

Spc. Christine Hoyt is an ammunition stock control and accounting specialist with the 77th Sustainment Brigade, 310th Expeditionary Sustainment Command and a Westampton, N.J., native.



"I thought it was going to be worse; the living arrangements and the stress level. This has been more of a learning experience for me and [it has] broadened my horizons coming out here [more] than what I expected."

Spc. John Oliver is a property book office clerk with the 77th Sustainment Brigade, 310th Expeditionary Sustainment Command and a Galloway, N.J., native.

Attention!

The 310th ESC PAO is looking for Soldiers who have previously deployed for interview opportunities and for photographs from Joint Base Balad, COB Adder, Camp Taji, COB Speicher, and the country of Iraq.

If you are interested in submitting a story or photograph of your own, please e-mail us at escpao@iraq.centcom.mil.

THEATER PERSPECTIVES

The “Golden Dragons” of 1st Battalion, 14th Infantry Regiment, 1st Advise and Assist Task Force, 1st Infantry Division officially transferred the Manilla Training Center at Fire Base Manilla to 1st Bn., 5th Field Artillery Regiment, “Hamilton’s Own,” 1st AATF. This mission, involving the training of the Kurdish Regional Guard, was transferred during a June 2 graduation ceremony. Below are some comments made during this ceremony, reflecting the progress that Iraqi Soldiers have demonstrated in completing their training:

“It will help them lead Soldiers and guide them in the direction they need to go.”

Capt. Cory Faison, 1st Bn. 14th Inf. Regt.

“You may not realize it, but you are the ground floor of the important structure we’ve built here.”

Col. Michael Pappal; 1st Advise and Assist Task Force

“The Golden Dragons have established a world-class facility that trains not only Soldiers, but leaders.”

Lt. Col. Keith Casey, 1st Bn., 5th FA Regt.

“It’s the individual person and training that has the biggest effect on how everything turns out.”

Col. Michael Pappal; 1st Advise and Assist Task Force

Sew Yesterday

That’s right, detachable name tapes are sooo 2010. The days of crooked rank, clumsy pin-on badges and those “bacon-strip” name tapes are over. And to top it all off, the patrol cap has replaced the beret as the standard garrison headgear. Sgt. Maj. of the Army Raymond F. Chandler III announced these changes June 14 as a birthday present to the Army. Make sure and read Army Directive 2011-11 for all approved changes. Here is a list of approved sew-on accessories. These alterations are made at the Soldier’s own expense.

- ✕ **U.S. Army tape**
- ✕ **Name tape**
- ✕ **Rank insignia**
- ✕ **Skill badges**
- ✕ **Identification badges**
— Must be previously authorized for wear on the ACU



Sudoku

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

Last week's answers:

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

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

Test your knowledge

1. Whose 1991 autobiography was called “And The Beat Goes On?”
2. Which tour did Prince begin in 1990?
3. What was The Eagles’ first No. 1 single?
4. Who recorded the album Nevermind?
5. What was Abba’s only U.S. No. 1 single?
6. Which band, consisting of Michael Jackson’s nephews, was launched in the ‘90s?

1. Sonny Bono 2. Nude 3. Best Of My Love 4. Nirvana 5. "Dancing Queen" 6. 3T

JBB Worship Services

PROVIDER CHAPEL

Tuesday / Wednesday / Thursday
1130-Roman Catholic Mass

Friday
1200-Muslim Prayer

Saturday
1000-Seventh Day Adventist
2000-Catholic Mass

Sunday
0900-Contemporary Protestant
1100-Roman Catholic Mass
1300-Latter Day Saints
1530-Church of Christ (Annex)
1700-Traditional Service
1900-Gospel Service

GILBERT CHAPEL (H6)

Wednesday
2000-Contemporary Prot Service
(Bible study starting 25 May)

Friday

1700-Catholic Mass
1800-Jewish Shabbat

Sunday

0800-Roman Catholic Mass
0930-Contemporary Protestant
1100-Gospel Service
1900-Latter Day Saints

HOSPITAL CHAPEL

Tuesday / Thursday
1715-Roman Catholic Mass

Sunday

1230-Roman Catholic
1800-Protestant Personal
Reflection Time – materials
provided

MWR EAST

Sunday
1100-Gospel Service

FOR INFORMATION, PLEASE CALL:
Warrior Support Center: 483-4108
Gilbert Chapel: 433-7703
Provider Chapel: 483-4115

JBB Activities Schedule

INDOOR POOL Swim Lessons: Mon., Wed., 6 p.m. Tue., Thu., Sat., 6:30 p.m. AquaTraining: Tue., Thu., 7:30 p.m., 8:30 p.m.	Edge Weapons & Stick Fighting Combative Training: Tue., Thur., Sat., 8-10 p.m. EAST RECREATION CENTER 4-ball tourney: Sunday 8 p.m. 8-ball tourney: Monday 8 p.m. Volleyball: Sunday 6 p.m. Aerobics: Monday Mon., Wed., Fri., 5:30-6:30 a.m. Yoga Class: Mon., Friday, 6-7 a.m. Step Aerobics: Mon., Wed., Fri., 5:30 p.m. Conditioning Training Class: Mon., Wed., Fri., 7:15-8 p.m. Brazilian Jui-Jitsu: Mon., Wed., Fri., 8-9 p.m. Abs-Aerobics: Tue., Thu., 6-7 a.m., 5-6 p.m.	Caribbean Night: Friday 9 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. P90x: Mon., Wed., Fri., 2 a.m., 8 a.m. 2 p.m., 7 p.m. Table Tennis: Tuesday 8 p.m. Tennis: Tuesday 9 p.m. Plastic Models Club: Wednesday 7 p.m. 9-ball tourney: Wednesday 4 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., 7 a.m., 3 p.m., 6 p.m. Tue., Thu., 7 a.m., 3 p.m. 3 p.m. 5:45 a.m., 7 a.m., 3 p.m. P90x: Mon., Sat., 4:30 a.m., 10 p.m. Midnight Soccer: Tue., Thu., 8 p.m. Yoga: Wednesday 8 p.m. MACP Level 1: Friday 8 p.m. 5 on 5 Basketball: Saturday 8 p.m. H6 RECREATION CENTER Bingo: Sunday 8 p.m. Texas	Hold'em: Mon., Fri., 2 p.m., 8:30 p.m. 8-ball tourney: Tuesday 2 a.m., 8:30 p.m. Ping-pong tourney: Tuesday 2 a.m., 8:30 p.m. Spades: Wednesday 2 a.m., 8:30 p.m. Salsa: Wednesday 8:30 p.m. 9-ball: Thursday 2 a.m., 8:30 p.m. Karaoke: Thursday 8:30 p.m. Dominos: Saturday 8:30 p.m. Darts: Saturday 8:30 p.m. WEST RECREATION CENTER Green Bean Karaoke: Sun., Wed., 7:30pm 9-ball tourney: Monday 8 p.m.	Ping-pong tourney: Tuesday 8 p.m. Foosball tourney: Tuesday 8 p.m. Jam Session: Tuesday 7:30 p.m. 8-ball tourney: Wednesday 8 p.m. Guitar Lessons: Thursday 7:30 p.m. Game tourney: Sun., 1 p.m. Enlisted Poker: Friday 1 p.m., 8 p.m. Officer Poker: Saturday 1 p.m., 8 p.m. Squat Competition: Saturday 8 p.m. WEST FITNESS CENTER 3 on 3 basketball tourney: Saturday 7:30 p.m. 6 on 6 volleyball tourney: Friday	7 p.m. Aerobics: 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. Open court basketball: Thursday 7 p.m. Open court soccer: Mon., Wed., 7 p.m. Zingano Brazilian Jui Jitsu: Tue., Thu., 8:30 p.m. CIRCUIT GYM Floor hockey: Mon., Wed., Fri., 8-10 p.m.
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AFN SPORTS SCHEDULE



Wednesday 6/22/11

MLB: Oakland Athletics @ New York Mets, Live 0200, AFN I xtra
MLB: Colorado Rockies @ Cleveland Indians, Live 0200, AFN I sports
Tennis: Wimbledon: Day 3, Live 1400, AFN I sports

Thursday 6/23/11

MLB: Philadelphia Phillies @ St. Louis Cardinals, Live 0200, AFN I sports
MLB: Minnesota Twins @ San Francisco Giants, Live 0500, AFN I xtra
Tennis: Wimbledon: Day 4, Live 1400, AFN I sports

Friday 6/24/11

NBA: 2011 NBA Draft, Live 0230, AFN I sports
Tennis: Wimbledon: Day 5, Live 1400, AFN I sports

Saturday 6/25/11

MLB: Colorado Rockies @ New York Yankees, Live 0200 & 2000, AFN I xtra
MLB: Washington Nationals @ Chicago White Sox, Live 0300, AFN I prime Pacific
MLB: Boston Red Sox @ Pittsburgh Pirates, Delayed 1000, AFN I sports
Tennis: Wimbledon: Day 6, Live 1400 & 2000, AFN I sports
MLB: New York Mets @ Texas Rangers, Live 2300, AFN I xtra

Sunday 6/26/11

MLB: Chicago Cubs @ Kansas City Royals, Live 0200, AFN I xtra
MLB: Cincinnati Reds @ Baltimore Orioles, Delayed 1000, AFN I sports

MLB: Washington Nationals @ Chicago White Sox, Delayed 1400, AFN I sports
MLB: Arizona Diamondbacks @ Detroit Tigers, Live 2000, AFN I prime Atlantic
Tennis: Wimbledon: Day 7, Live 2100, AFN I sports

Monday 6/27/11

MLB: Cleveland Indians @ San Francisco Giants, Live 0300, AFN I sports
MLB: Minnesota Twins @ Milwaukee Brewers, Delayed 0700, AFN I xtra
Tennis: Wimbledon: Round of 16, Live 1400 & 2000, AFN I sports

Tuesday 6/28/11

MLB: Cincinnati Reds @ Tampa Bay Rays, Delayed 1000, AFN I sports

ARTS & ENTERTAINMENT

The Sports Lounge

Time to shave that beard off, see the dentist

BY SPC. MATTHEW KEELER
EXPEDITIONARY TIMES STAFF



When the Vancouver fans entered the stadium for the final game of the Stanley Cup Finals, there were a lot of positive things going for them. During the series, every home team had won on their own ice. Another thought was if the Vancouver Canucks could keep the game close and low-scoring, there was a good chance they would hoist the coveted Stanley Cup at the game's end. Most importantly, if Robert Luongo, the Canucks' goalie, was able to make the key saves that he made throughout the season, then they would surely win.

But, with the drop of the puck and the first couple of ticks off the game clock during the first period of the Boston Bruins' and Canucks' Game 7, it was clear that a few things were actually going to happen. It was not that the Vancouver fans would later riot the streets in anger, or that Bruins goalie Tim Thomas would shut out a good Canucks offense, but with the onslaught of offense to start the game, the Canucks would fizzle out and embarrass themselves on their own ice.

For a Stanley Cup Finals, the Bruins' and Canucks' series was anything but ordinary with its game scores; 8 to 1, 3 to 2, and 5 to 2. Unlike most ice hockey games during the regular season, where one or more goals could decide a game, this series threw that theory to the wind with the scoring abilities

of the Bruins' offense.

Luongo, a normally solid and reliable goaltender, was spotty and inconsistent all series. After achieving a 2.11 goal-against average in the regular season, it wasn't just the amount of shots that he faced, but the quality of those shots. The last five games of the Stanley Cup Finals, the Bruins placed at least 20 or more shots on Luongo. For a goalie who ranked fourth in the league in saving percentage, he allowed at least three goals or more in those same final five games. For the record, one of those games was a shut-out, and one of those he allowed eight goals.

Thomas on the other hand, put together a series that all of Boston can be proud of. Not only was he a stone wall in front of the net, but in only one game during the finals did he allow more than two goals. His goal-against average was 1.98 during the playoffs; just under the 2.00 he led the league with during the regular season. As if to cap off the series finale win over the Canucks, Thomas turned aside 37 shots, nearly double the amount of shots on Luongo, allowing no goals. It's the kind of legendary play that makes the NHL worth watching every game and season.

Without a doubt the saddest part of the game was the final celebration. Mark Recchi, forward for the Bruins, while on the ice after the game, announced his retirement. During the Stanley Cup finals, Recchi recorded three goals and four assists in the finals. In his career, he was a long-time Philadelphia Flyer and Pittsburgh Penguin, but over the last couple of seasons he was a Bruin and that is how his career will end.

Now that the NHL season has come to a close it is time to shave that playoff beard, melt the ice officially, and replace the teeth that were knocked out at the beginning of the season. But that is ice hockey. And it is the game of legends.

The Reel Review

Alternative to movies may satisfy entertainment craving

BY SPC. ZANE CRAIG
EXPEDITIONARY TIMES STAFF



True Blood, created by Alan Ball, explores the coexistence of humans and vampires in an alternate reality where a synthetic

blood allows vampires to not feed on humans and to join mainstream society if they choose.

It is set in the fictional town of Bon Temps, La., and the cast centers on Sookie Stackhouse, a telepathic waitress in the town's only bar/restaurant Merlotte's, who falls in love with vampire Bill Compton, who has decided to settle in the town and become mainstream.

True Blood is the name of the synthetic blood, but the "true blood" of a vampire is an addictive narcotic, similar to crystal meth or crack cocaine, for non-vampires. Sookie rescues Bill from a human couple trying to drain Bill of his blood to sell to other addicts.

The central cast is comprised of Sookie, Bill, Sookie's brother, her best friend Tara, her cousin Lafayette, bar owner Sam Merlotte, and a vampire sheriff/owner of a vampire club named Eric.

During the course of the three seasons, an assortment of characters come and go, some of which are other supernatural creatures.

Sex, violence, humor and drama are all present and set against an idyllic Southern Gothic fantasy world where the supernatural is a part of nature and the vampires have a national organization to stand up for their rights.

Usually, all this is done to good effect, but sometimes Sookie and Bill's "star-crossed love" thing is taken a little too far, as is Sookie's "strong, independent woman" persona. The two are related. It's sad for a plot when the central love story is less believable than the idea of corpses feeding on the blood of the living.

Aside from these excesses, the plot generally moves quickly and keeps your attention. Suspension of disbelief is definitely required, but for any show of this kind, believability isn't the point.

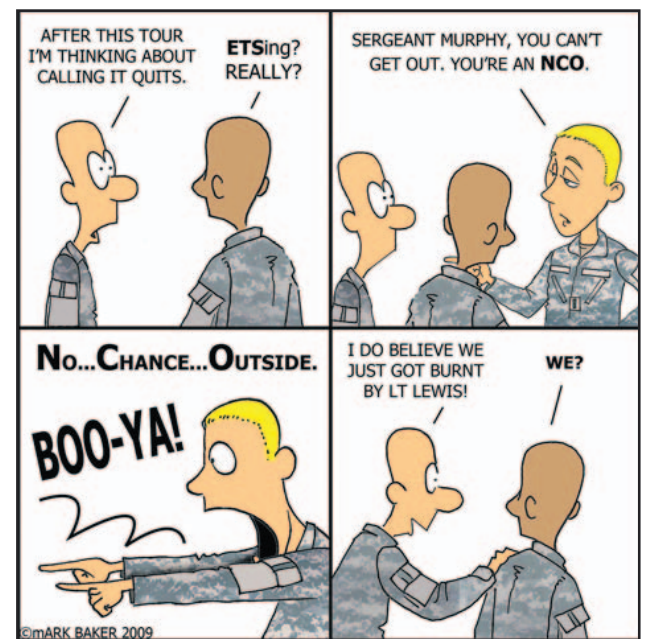
Alan Ball does a great job building on the success of his series Six Feet Under. The shows are similar in that they have a relatively small cast of central characters featuring in a few episodes before moving on or dying and the themes of death and the supernatural interacting in characters' daily lives. Ball may have one of the most artistically productive fixations with death since Edgar Allen Poe.

While there is great variety of television series for sale at bargain prices in the Iraqi bazaar here, True Blood is one that is sure not to disappoint. With the closure of Sustainer Theater, these shows are a great substitute. Watching a movie in your room will never be the same as the theater experience, but finding a good series that you were already a fan of or finding something totally new can draw out the experience and maximize the entertainment for your dollar.

A word of caution, however, you may find watching True Blood to be as addictive to you as vampire blood is to the addicts of Bon Temps.

PVT MURPHY'S LAW™

BY MARK BAKER





U.S. Army photo by Sgt. Felicya Adams

Army birthday bash

(Above) Soldiers, Sailors, Airman and contractors gathered for a 5K run in celebration of the Army's 236th Birthday June 14 at Joint Base Balad, Iraq. The event started with the national anthem and The Army Song and ended with cake and refreshments. The top three runners were awarded a coin from Brig. Gen. Don S. Cornett, Jr., the commanding general of the 310th Expeditionary Sustainment Command and an Aurora, Neb., native.

(Left) Brig. Gen. Don S. Cornett, Jr. (second to left), the commanding general of the 310th Expeditionary Sustainment Command, wraps up the 5K run by cutting a birthday cake with the help of Soldiers June 14 on Joint Base Balad, Iraq.



U.S. Army photo by Sgt. Felicya Adams

Victory Through Support