

2 Editions Remaining!

The Expeditionary Times

Proudly serving the finest expeditionary service members throughout Iraq

Vol. 5, Issue 15

July 13, 2011



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A Star Soldier

Specialist's quick reactions, 'muscle memory' earn him Bronze Star Medal

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

JOINT BASE BALAD, Iraq – Indecision often haunts the heart of combat.

Inside the chaos of crisis, where the standard definitions of time distorts and overlaps, uncertainty rules and often a moment of hesitation translates into tragedy.

Yet for Spc. Christopher Soderholm, a Mine Resistant Ambush Protected vehicle driver for Foxtrot Company, 3rd Battalion, 116th Cavalry Regiment, 77th Sustainment Brigade, 310th Expeditionary Sustainment Command and a native of Baker City, Ore., his calm resolution proved to be the difference the night he saved his gunner in the wake of an improvised explosive device detonation.

What Soderholm did that night and how he did it was brought into sharp focus July 5 when he was awarded the Bronze Star Medal on Joint Base Balad, Iraq, for his actions when the MRAP he was driving hit an IED.

Even now, months later, Soderholm said he still struggles to accurately express what occurred during the incident.

"It is hard to describe," he said.

The night of the IED strike, Soderholm said his crew was almost back to JBB on what he called a routine mission.

"It was just another mission," he said. "I was thinking about getting back and getting maintenance done."

In a burst of light Soderholm's vehicle was hit by the blast of an IED.

See **BSM**, pg. 6



Lt. Col. Phil Appleton, the commander of the 3rd Battalion, 116th Cavalry Regiment, 77th Sustainment Brigade, 310th Expeditionary Sustainment Command congratulates Spc. Christopher Soderholm, a Mine Resistant Ambush Protected vehicle driver for F Co., 3rd Bn., and a native of Baker City, Ore., during a July 4 Bronze Star Medal ceremony at Joint Base Balad, Iraq.

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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

Tend to your spiritual garden to gain something from Iraq

LT. COL. GEORGE HOLSTON
JBB GARRISON CHAPLAIN



There's a patch of grass growing on Pennsylvania Ave. here at Joint Base Balad that's been a source of fascination for me since I arrived last September. It's not hard to miss, halfway between the turn for Provider Chapel and DFAC 1. I must confess that there have been many occasions during this past year when I wanted to go over, take my boots off and walk barefoot in the lush, green grass. Apparently, this is the only expanse of green grass growing on this installation. The only thing that kept me from walking barefoot on the grass was a sign reading, "Keep off the grass, by order of the command sergeant major." I don't know about you, but I'd almost rather face the wrath of God than the wrath of a command sergeant major.

My dad is an avid gardener. Every year when I was growing up he would plant a vegetable garden, and my family would dine on its produce. One of my chores as a kid was to weed the garden to make sure that nothing interfered with the crops growing in it.

Even now in the spring he'll till up a portion of his backyard and plant his garden – tomatoes, peppers, beans and other vegetables. He'll spend a little time every morning tending to the plants as they grow and prepare to bear fruit for the harvest. Now, since he lives alone, most of the produce goes to people at his church, or to the local food pantry.

The quality of our lives depends upon our attitude – how we cultivate our relationships as well as our beliefs about our work. During World War II, a young psychiatrist imprisoned at Auschwitz noted that people who discovered a purpose or reason for their lives tended to live longer than those who did not.

When the war was over, as he reflected upon his survival in the face of losing everything – his family, his home, his possessions, he wrote a book that has become a classic. The book is "Man's Search for Meaning," by Viktor Frankl. If you haven't read it, I recommend it to you. The story is powerful, and Frankl's understanding of his connection with the whole of life invites us to discover the meaning and purpose in our own lives.

The same goes for us here in Iraq. On more than one occasion, I've heard this place described as "God-

"We won't know the depth or strength of our resilience until it is put to the test."

- Lt. Col. George Holston

forsaken." Yet, there is much to point toward the hardness of life in this place and to the presence of God.

I'm fascinated by the plants that struggle to survive in the heat and the dryness of this environment. Perhaps their roots reach deep into the soil to draw nutrition and moisture from far underground. Maybe they're just being stubborn (like some people I know).

Whatever the reason, the plants survive in this climate and flourish during the rainy season, which makes the jack-rabbit that hangs around Provider Chapel very happy. That may be the very reason the plants thrive.

One of the things that I have learned from being here at JBB is that a person's spiritual awareness, or sense of serenity, is whatever he/she chooses to make it. If a person believes that this place is God-forsaken, then quite possibly that's how he/she will experience life here as a whole.

However, if someone chooses to see God's presence in all places and situations, then most likely he/she will find a sense of peace and contentment in spite of the challenges of heat, dust and the reposturing.

Iraq is an amazing country. Its history predates the biblical narrative. This land gave us Abraham, whose descendants gave us the three great monotheistic religions. I've grown to appreciate the hardness of the people who have lived here for generations and carve out a living from this harsh environment. This is something we all can gain from this place.

We won't know the depth or strength of our resilience until it is put to the test. Even then, our hardness and steadfastness may surprise us.

So, how's your garden doing these days? What are you doing to nourish the garden of your spirit? Are you carefully tending the soil, or are you neglecting the ground of your deeper self?

The Expeditionary Times

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

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The Real Barracks Lawyer

Safeguarding government goods is your responsibility

CAPT. RYAN MATSUNO
CHIEF OF ADMINISTRATIVE LAW



You are surrounded every day by government stuff. It's in your Containerized Housing Unit, it's in your workplace, you probably have a filing cabinet dedicated to your hand receipts. So what? Government stuff belongs to the taxpayers and you have a responsibility to care for and safeguard it.

There are several types of responsibility defined by regulation. The "Cliffs Notes" version is as follows:

Command Responsibility

Every commander has a responsibility to ensure the equipment within their command is properly secured and cared for. The commander's obligations to achieving those ends are ensuring that security is adequate, that subordinates are properly supervised, and that the security and accounting requirements are enforced.

Direct Responsibility

If you hold the hand receipt for the item, you have direct responsibility for it. As a hand receipt holder you have the responsibility to care for, maintain, and keep the item safe.

Personal Responsibility

If you are holding the stuff, you have personal responsibility for it, with or without a hand receipt. As the possessor of the item, you are expected to exercise reasonable and prudent steps to safeguard it.

When government stuff goes missing or breaks, it triggers a Financial Liability Investigation of Property Loss. The point of a FLIPL is to investigate the circumstances around which the property was lost or damaged and to determine if anyone failed in their responsibilities to safeguard that property.

The costs of replacing the item will be charged to the responsible servicemember (i.e. you).

If you have done everything you were supposed to do in caring for the equipment, storing it correctly, and taking reasonable steps to secure it, then you won't be charged even if the equipment is lost or damaged.

If that doesn't motivate you to look after things, let me try a more inspirational approach. All that government stuff was bought with U.S. taxpayer money. That means your mom and dad, your brothers and sisters, the waitress at Chili's, the guy who bags your groceries; they collectively bought all this stuff with their payroll taxes.

Handing responsibility of all this equipment to you is an act of trust. You owe it to them to guard and protect public goods.

The Weekly Standard

Counsel your Soldiers for both positives and negatives

MASTER SGT. MALEAH JOHNSON
310TH ESC ASSISTANT INSPECTOR GENERAL



"I never abused anyone who didn't deserve it."

Although a leader may believe this to be a true statement, it falls short of the Army's intent to treat Soldiers with dignity and respect. This article is an attempt to avoid allegations against officials pertaining to their failure to treat subordinates with dignity and respect as noted in Army Regulation 600-100, Army Leadership. In reality, leadership may be more easily described than defined. All leaders have a responsibility to develop those junior to them to the fullest extent possible. In

addition to institutional training and education, leaders can facilitate development through the knowledge and feedback they provide through counseling, coaching and mentoring.

Respect is treating others with consideration and honor. It is the expectation that others are as committed to getting the job done as you are while accepting they may have different ways of doing so. You don't have to accept every suggestion to show respect; just expect honesty and professionalism.

Conduct corrective training with the end in mind: to help that Soldier develop discipline and ultimately survive on the battlefield.

Regardless of age or grade, Soldiers should be treated as mature individuals. They are engaged in an honorable profession and deserve to be treated as such. In an article by Col. George E. Reed, titled "Toxic Leadership," he explores the title concept. He defines a "toxic" leadership style as one characterized as self-fulfilling, petty, abusive, indifferent to the unit climate and interpersonally malicious.

While there are no elements of proof to address a Soldier's concern that his or her

leader was "mean" to them, three sources should serve as the basis for development of the appropriate standard: 10 USC 3583, Requirement of Exemplary Conduct; the Joint Ethics Regulation, Department of Defense Directive 5500.7-R, paragraph 12-500; and AR 600-100, paragraph 2-1.

In addition, Field Manual 6-22, Army Leadership, serves as a good reference document.

In his article, Reed identifies three key elements of toxic leadership syndrome as:

a) an apparent lack of concern for the well-being of subordinates;
b) a personality or interpersonal technique that negatively affects organizational climate; and

c) a conviction by subordinates that the leader is motivated primarily by self-interest.

Such leaders are seen by the majority of their subordinates as arrogant, self-serving, inflexible and petty.

Bottom line: There are some hard-driving, high-achieving, compassionate leaders who understand that the importance of good climate still exist in the Army to disprove the myth that rule by fear and intimidation is necessary.

Baby boom sweeps trans. co.

One company in battalion becomes known for having most new fathers

STORY BY
1ST LT. BRANDON S. LUCAS
89TH TRANSPORTATION COMPANY



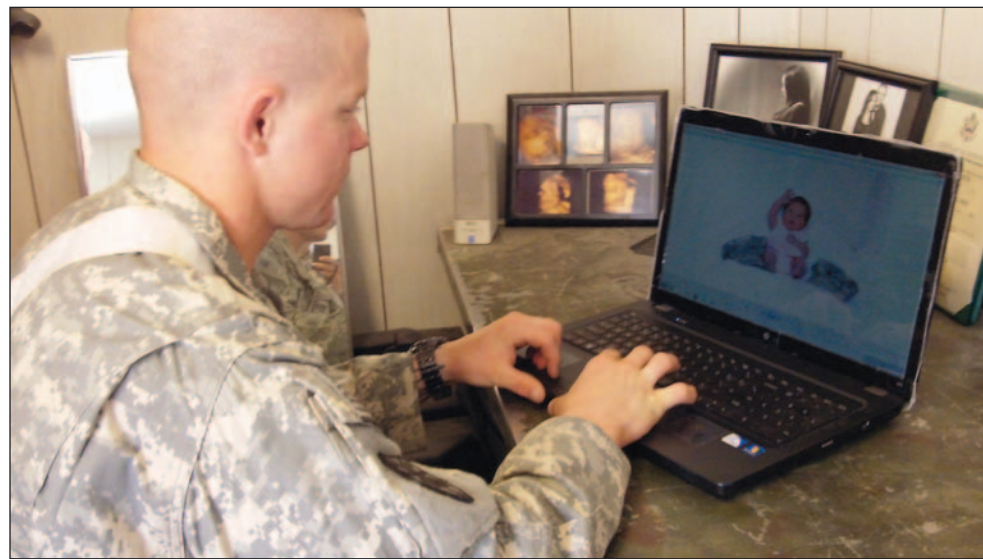
CONTINGENCY OPERATING BASE SPEICHER, Iraq – Soldiers expecting new children seems to be thematic within the ranks of the Soldiers assigned to the 89th Transportation Company, 275th Combat Sustainment Support Battalion, 77th Sustainment Brigade, 310th Expeditionary Sustainment Command.

"Having a child is wonderful, I am so excited to be a father," said Cpl. Travis Rock, a Heavy Equipment Transporter driver for the 89th Trans. Co. and a native of Lenox, Mich. He is one of nine new fathers in 89th Trans. Co.

The company has only been deployed to Iraq in support of Operation New Dawn for three months but is already well known for having the most "Roadmasters" babies in the 275th CSSB.

The company is also anticipating the arrival of another two babies in the next couple of months.

Many of these Soldiers are becoming fathers for the first time while they are downrange, making it a little more difficult to adjust to their new life. The unit is experiencing a "baby boom" at every level, from privates to first lieutenants.



U.S. Army photo by 1st Lt. Matthew B. Castiglione

Cpl. Travis Rock, a Heavy Equipment Transporter driver with the 89th Transportation Company, 275th Combat Sustainment Support Battalion, 77th Sustainment Brigade, 310th Expeditionary Sustainment Command and a native of Lenox, Mich., talks to his daughter after returning from Environmental and Morale Leave. Rock said he has communicated daily with his family during his deployment to Iraq to help mitigate the hardship of being separated from his newborn.

Learning to save a little more and to spend a little less is something that the expected Soldiers all have to deal with as their personal responsibility increases.

"It makes me real anxious not being there to help my wife, but I know that I am helping out by making extra money while I'm deployed," said Cpl. Wilbert Pierce, an equipment transporter driver with the 89th Trans. Co. and Philadelphia, Pa., native.

Many of the Soldiers are now on or approaching their Environment and Morale Leave dates which will allow them to go home to see the new addition to their families.

This will be a much needed break from all the Skype dates and phone calls that have been taking place in order for them to meet and talk to their children. Rock has

recently returned from his EML in June.

"It was nice to go home and see my newborn baby and my wife; however the time we spent together was short and sweet," said Rock. "It was also very difficult to leave my wife and child for the first time, but I am still glad that I had the chance to see them."

These new fathers are also great Soldiers. They are enduring the extra hardship of not being there with their newborn babies while at same time still performing their daily tasks of executing combat logistic patrols throughout the United States Division-North's area of operations in Iraq.

About nine additional Soldiers with the 89th Trans. Co. are also expecting children in the coming months.

Soldiers connect with their kids

STORY AND PHOTO BY
SGT. JUSTIN NAYLOR

2ND ADVISE AND ASSIST BRIGADE



CONTINGENCY OPERATING BASE WARHORSE, Iraq

Staying in touch with loved ones can be one of the biggest challenges for service members deployed around the world.

For Soldiers at Contingency Operating Base Warhorse, Iraq, connecting with families has gotten a little bit easier thanks to a program that allows Soldiers to record videos of themselves reading books and sending the recordings to their children.

The program began earlier this month and will continue as long as the unit has the capability to record and send videos, explained Staff Sgt. Gabriel Garcia, Sr., a native of Houston, Texas, and a chaplain's assistant with 2nd Advise and Assist Brigade, 1st Cavalry Division, U.S. Division – North.

"It's a good way to stay in contact," said Garcia, who sends videos to his 6-year-old daughter, Symara. "My daughter loves seeing videos of me. She gets a kick out of it."

Soldiers may choose from a wide selection of children's books, and are given extra time during their recording to add a personal message.

"It's one thing to call home, it's another to have them see your face," said Maj. Bryan Price, a Sea Girt, N.J., native, and a key leader engagement manager for 2nd AAB.

At the beginning of the deployment, on his way to Iraq, Price stopped at a base in Kuwait where he recorded himself reading a book and sent the video to his daughter, Samantha, 2.

"My wife sent me a video of my daughter's response," said Price. "She was



Maj. Bryan Price, a Sea Girt, N.J., native, and a key leader engagement manager for 2nd Advise and Assist Brigade, 1st Cavalry Division, U.S. Division – North, wears a tie his daughter gave him while recording himself reading a book at Contingency Operating Base Warhorse, Iraq, June 3. Price recorded the reading session as part of a program that allows Soldiers to send the videos to their children.

completely enamored – so much so that she was actually talking back to the TV."

Sgt. Robert Doak, a mechanic with 2nd AAB, is serving on his first deployment since his daughter, Koraleigh, was born.

Doak said this deployment is the most difficult of his three tours because of not being with his new family.

"Next month is her birthday, she will be

2," said Doak, a Richmond, Va., native. "It's good to feel like I'm able to connect with her."

"I know my daughter will really appreciate seeing a video of me," he added. "Whenever I get on my webcam, she gets very excited."

The book reading program does not just benefit children.

"It makes me feel like I'm still with her there," said Garcia. "It lets her know that daddy is still thinking about her, even when daddy is not there."

Though videos of the book reading may not be the same as being home with family, Soldiers said the program allows them to remain a part of their children's lives while serving overseas.

MPs conduct ISF weapons training

STORY AND PHOTO BY
SPC. ANGEL TURNER

4TH ADVISE AND ASSIST BRIGADE



CONTINGENCY OPERATING SITE MAREZ, Iraq

Sgt. James Quatro enlisted in the 105th Military Police Company, New York Army National Guard, to be a part of something greater than himself.

Answering the call of duty, the military policeman recently deployed to Iraq, attached to Task Force Shield, 4th Advise and Assist Brigade, 1st Cavalry Division, in support of Operation New Dawn.

His mission involves advising and training Iraqi Security

Weapons have always been my strong point, and I enjoy teaching.

–Sgt. James Quatro

Forces in U.S. Division – North, helping to make the ISF a sustainable force for their country.

"Since I was little, I always wanted to be a Soldier," said Quatro, a native of Rochester, N.Y. "My grandfather served in Korea, and I wanted to honor him."

Quatro trains his Iraqi counterparts on tactics to increase their overall proficiency as policemen, to include counter-improvised explosive device procedures and rifle fundamentals.

"Weapons have always been my strong point, and I enjoy teaching," said Quatro, who said he is knowledgeable on a wide variety of weapon systems.

Since arriving in Iraq, Quatro conducted two iterations of AK47 training to help Iraqi emergency response battalions become proficient on their rifles.

"We build our relationship with ISF through this training," said 1st Lt. Joshua Bode, a platoon leader with the 105th MP Co.

Serving as a team leader, Quatro is the primary instructor in his squad and is an asset to the squad and company, Bode added.

"Sgt. Quatro is an outstanding Soldier and a well-disciplined [noncommissioned officer]," said Bode, a native of Buffalo, N.Y. "It's great to be able to watch how well [Iraqi Policemen] respond to his training, and you can see how well they implement what he trains when they conduct their range."



Sgt. James Quatro, right, a military policeman assigned to 105th Military Police Company, Task Force Shield, 4th Advise and Assist Brigade, 1st Cavalry Division, instructs Iraqi Police assigned to the 2nd and 4th Emergency Response Battalions, how to stand properly when firing their AK-47 rifles. Quatro also trained the policemen on how to assemble and disassemble the weapon.

Improved MRAPs join fight

STORY AND PHOTOS BY
SPC. KANDI HUGGINS
1ST ADVISE AND ASSIST TASK FORCE



Capt. Scott Hastings, a fire support officer with 2nd Battalion, 12th Cavalry Regiment, 1st Advise and Assist Task Force, 1st Infantry Division, inventories the inside of a Mine Resistant Ambush Protected Maxx Pro vehicle June 27 at Contingency Operating Site Warrior, Iraq.



CONTINGENCY OPERATING SITE WARRIOR, Iraq – Soldiers of 2nd Battalion, 12th Cavalry Regiment, 1st Advise and Assist Task Force, 1st Infantry Division, added new Maxx Pro Plus armored vehicles to their fleet at Contingency Operating Site Warrior, Iraq, June 27.

Maj. Christopher Rozhon, Brigade Logistic Support Team chief, 1st AATF, said “Thunderhorse” Soldiers of 2nd Bn., 12th Cav. Regt., turned in their Maxx Pro vehicles and prepared the Maxx Pro Plus after conducting inventory and stripping down what they needed from the older models.

The major difference between the two models, Rozhon said, is that the Maxx Pro Plus provides the best level of force protection available from the Mine Resistant Ambush Protected family of vehicles.

“The Maxx Pro Plus was designed to offer better protection to the Soldiers,” said Rozhon, a native of Fox River Grove, Ill. “Protecting our Soldiers is our highest priority.”

Having a fleet of the same vehicle will also help ease the maintenance required, said Capt. Scott Hastings, fire support officer, 2nd Bn., 12th Cav. Regt.

“The reason we were tasked to do this job was because we have very capable mechanics that can get the job done quickly and efficiently while continuing our mission here in Kirkuk,” said Hastings, a native of Palmyra, Mo.

Before turning in their old vehicles, Thunderhorse mechanics ensured various systems operated properly in each of the vehicles and that the vehicles were equally equipped with the equipment necessary to continue



“Thunderhorse” Soldiers of 2nd Battalion, 12th Cavalry Regiment, 1st Advise and Assist Task Force, 1st Infantry Division, turn in Mine Resistant Ambush Protected Maxx Pro vehicles on Contingency Operating Site Warrior, Iraq, June 27. After turning in the old vehicles, the unit signed for MRAP Maxx Pro Plus vehicles to prepare them for use in support of Operation New Dawn.

protecting Soldiers.

As property manager for the vehicles, Hastings conducted a thorough check of all the vehicles prior to them leaving the yard and being staged in the unit’s motorpool.

“It’s important that the inventories are thorough because (mechanics) account for and track all the items,” said Hastings. “It helps me keep a firm grasp on which items are installed on specific vehicles so there is no lost property as we transfer the equipment to the next unit.”

Although the Thunderhorse still have several more months before redeploying to the U.S., Hastings said it is important to begin the process now to guarantee the Soldiers have enough time to complete the transfer of equipment from the older to the newer models, and to make sure the vehicles are all in top running condition.

Entry point security is critical to base safety

STORY AND PHOTO BY
SPC. ANDREW INGRAM
UNITED STATES DIVISION-NORTH



CONTINGENCY OPERATING BASE SPEICHER, Iraq – Hot wind gusted through the entry control point, hurling a cloud of dust into the faces of U.S. Soldiers as they scanned surrounding windows and rooftops for threats.

“Just another beautiful day in Iraq,” said Spc. Eric South, after the dust cleared, a cheerful smile on his face as he manned his .50-caliber machine gun.

South and other “Reaper” Soldiers of Delta Company, Division Special Troops Battalion, 4th Infantry Division, deployed to Salah ad Din province, Iraq, in support of Operation New Dawn, ensure the security of service members and civilians living and working at Contingency Operating Base Speicher.

The Reapers assigned to the ECP work

in eight-hour shifts in temperatures that can reach well above 100 degrees during the day, searching every vehicle and all personnel entering and exiting the COB for contraband and weapons.

“We are here to protect COB Speicher from militant activity, and so far we are doing an effective job,” said South, an infantryman currently on his third deployment to Iraq. “We have to be very thorough. There have been no major issues so far this deployment, and we have been able to handle all the small ones.”

Soldiers of D Co. have set the standard as an efficient and thorough ECP team, said Staff Sgt. Michael Mima, a cavalry scout assigned to D Co., who supervises ECP operations during his shift.

“We have accomplished a lot out here in the past eight or nine months,” said Mima. “No weapons or explosives have made it onto the COB. We have been able to catch a lot of contraband and none of our Soldiers have been hurt, so I think we have had a very successful mission so far.”

Reapers put vehicles and personnel entering and exiting the COB through a series of gamma-ray examinations using the Mobile Vehicle and Cargo Inspection System, and metal detector searches, explained Mima.

“There have been a lot of improvements here,” said Mima. “For the most part, people comply with our rules. We can tell the Iraqi people want to work with us and our success today is based off their desire to be an effective nation.”

In addition to checking for contraband, the Reapers also conduct a background check on everyone who enters the base using



Spc. Eric South, an infantryman with Delta Company, Division Special Troops Battalion, 4th Infantry Division, mans an M2 .50-caliber machine gun at an entry control point on Contingency Operating Base Speicher, Iraq, July 1. South and fellow D Co. Soldiers assigned to the ECP ensure the safety of COB Speicher personnel by inspecting vehicles and personnel entering and exiting the base.

the Handheld Interagency Identity Detection Equipment system, which allows Soldiers to discover if an individual has a history of suspicious activity.

After being searched and scanned into the HIIDE system, civilians entering the COB are given a security badge and escorted onto the base.

“Getting people into the system is really important, because we can track if someone is a wanted criminal or if they have ever been

told to leave a U.S. base in the past,” said Spc. Glen Poor, a supply specialist responsible for issuing temporary badges to local civilians entering COB Speicher.

Spc. Joe Gehmie said he attributes the success of the security mission at COB Speicher to the experience and accomplishments many of the D Co. Soldiers gained during previous deployments.

“We are building on the foundation of what other people have already done,” he said.

Maintenance keeps us in fight

Conditions in Iraq give maintenance Soldiers constant repair workload

STORY AND PHOTOS BY
SPC. ANDREW INGRAM
UNITED STATES DIVISION-NORTH



CONTINGENCY OPERATING BASE SPEICHER, Iraq – In a tactical environment, equipment goes through a lot of wear and tear on a

daily basis. Sometimes Humvee axles crack, sometimes radio equipment breaks down, and occasionally, a generator needs to be replaced.

Maintenance Soldiers assigned to Headquarters Support Company, Division Special Troops Battalion, 4th Infantry Division, deployed to Contingency Operating Base Speicher, Iraq, keep the Humvees rolling, the power on, and the troops of U.S. Division – North fit ready for any challenge.

The maintenance Soldiers of HSC came together to form a cohesive, efficient team capable of keeping the Soldiers of DSTB and COB Speicher on the road with working equipment, said Sgt. 1st Class Samuel Rodriguez, platoon sergeant, Maintenance Platoon, HSC.

“There was a lot of work to be done with this platoon when I got to the unit,” said Rodriguez, who hails from Bayamon, Puerto Rico. “The teamwork was there from the beginning, but we had a long way to go to get everybody on the right track. Now we are all pulling together and I’m sure we are going to develop a strong group of noncommissioned officers out of this deployment.”

A constant workload brings the maintenance Soldiers a high level of experience and proficiency, said Pfc. Jared Cannon, a generator mechanic assigned to HSC, and a native of Kirbyville, Texas.

“Things just break down faster in Iraq. The heat and the dust get into everything, and we have had a lot of work to do,” Cannon said as



Sgt. Timothy Kuster, a light-wheeled vehicle mechanic with Headquarters Support Company, Division Special Troops Battalion, 4th Infantry Division, adjusts armor plating on a Humvee at the DSTB motor pool on Contingency Operating Base Speicher, Iraq, July 5.



SpC. Wyatt Flack, a generator mechanic assigned to Headquarters Support Company, Division Special Troops Battalion, 4th Infantry Division, works on the motor of a malfunctioning 400-hertz generator at the DSTB motor pool on Contingency Operating Base Speicher, Iraq, July 5. Flack, who hails from Chisholm, Minn., and other motor pool Soldiers deployed in support of Operation New Dawn, are responsible for the vehicle and equipment upkeep for U.S. Division – North.

he replaced parts on a 400-hertz generator. “We are out here getting the job done, and I think we should be proud of the fact that we have been able to keep everything running out here.”

Rodriguez said the maintenance mission supporting Operation New Dawn is drastically different from previous deployments when he supported units in combat operations.

“During the past eight or nine years, we have accumulated a lot of stuff here at the COBs in Iraq,” he explained. “Some of it is so old that nobody even uses it anymore, so this deployment we have had the unique challenge of getting accountability for all of this equipment and turning it in.”

Sgt. Paul Sowu, a load list clerk responsible for ordering and accounting for replacement parts, said the reduction of forces presents a challenge because while equipment gets packed and returned to the U.S., operations are still ongoing and U.S. Division – North must stay mission ready.

“We are basically doing two missions,” said Sowu, who calls Atlanta home. “We are

turning equipment in, but we are also making sure all of our vehicles run and radios work properly, and we are doing this with fewer people than we had on previous deployments.”

“We accomplish the mission through pure determination,” he added. “We are a great team, we are like a family and we will put in a 100 percent to get the job done.”

Many of the junior maintenance Soldiers stepped up and took responsibilities above their pay grade to accomplish these missions, said SpC. Nick Walter, battalion electronic warfare officer, HSC.

“Some of us were thrust into leadership positions that we didn’t know or didn’t think we could handle, but we pulled together and made it work,” said Walter, who hails from Killeen, Texas. “It was difficult, but we learned a lot and it put us in a better position for advancement in the future.”

Rodriguez said he has every confidence that his team will continue to keep Soldiers of DSTB fit to fight until the last boots set ground back on U.S. soil.

BSM: Soldier happy to do his job, pull gunner out of vehicle

Continued from pg. 1

As Soderholm brought the big MRAP to a stop he said muscle memory took over. Behind him, SpC. Maximillian Miller, an MRAP gunner for F Co. and a native of Dundee, Ore., appeared to be injured. Soderholm acted quickly as he stopped the MRAP.

“I pulled Miller out before I opened the door,” Soderholm said.

Soderholm carried Miller out of the MRAP and away from the vehicle. He then turned around and ran back to the vehicle, grabbed a fire extinguisher and started to fight a fire that had broken out from the vehicle.

The action of carrying his gunner out of the MRAP after the IED explosion happened in a flash for Soderholm. He said there was little forethought involved in the action.

“When it is your buddy in there you don’t hesitate,” he said. “I pulled him out of that truck on instinct.”

Miller and Staff Sgt. Tony Cox, the MRAP truck commander and a native of Redmond, Ore., both returned to duty shortly after the incident.

Soderholm said the training he received before the battalion departed the United States was the primary factor in his actions.

“I used to get mad at Gowen Field, [Idaho] or Camp Shelby, [Mississippi] with some of the training. Then I got thrown into the real world, and all that training created muscle memory,” he said.

Soderholm also said he can now relate to the stories he’s read or heard regarding Soldiers making the ultimate sacrifice to help a comrade.

“When something like that happens, you know, you jump on that grenade for your buddy. I understand [now] why people do that,” he said.

Maj. Jason Lambert, the executive officer for F Co. and a native of Hermiston, Ore., said Soderholm’s performance that night was outstanding.

“I think he captures the essence of what makes a great Cavalry trooper. A Soldier who steps up like that has a huge impact on the entire unit through his example. It sets the tone,” said Lambert.

“I’m extremely proud of Chris Soderholm. He is a very brave kid,” said Capt. Max Arvidson, the commander of F Co. and a native of Parma, Idaho.

A quiet, reserved Soldier, Soderholm said he is pleased he was awarded the Bronze Star medal but added he was simply doing his duty.

“I was able to do what I was supposed to do when I needed to. I’m proud I was able to do my job,” he said.

Supply NCO helps reduce footprint

STORY AND PHOTO BY
SPC. ANGEL TURNER
4TH ADVISE AND ASSIST BRIGADE



CONTINGENCY OPERATING SITE MAREZ, Iraq – As Soldiers of 4th Advise and Assist Brigade, 1st Cavalry Division, prepare to decrease the size of the brigade's footprint in Iraq under Operation New Dawn, some troopers are increasing their work hours transitioning equipment and supplies.

Brigade leadership regularly chooses Soldiers who put forth extra effort as "Long Knife Transition Soldier of the Week," recognizing the troops for dedication to the mission in U.S. Division – North.

Staff Sgt. Amanda Wheeler, a supply sergeant assigned to 105th Military Police Company, Task Force Shield, 4th AAB, turned in more than \$8.6 million dollars worth of theater-provided equipment since arriving in country several months ago.

A native of Buffalo, N.Y., Wheeler spends the majority of her days in Iraq turning in non-essential equipment left behind by the unit her company replaced.

Currently an activated Guardsman, Wheeler said she takes pride in ensuring all required turn-ins are completed before the deadline.

"Much of the equipment we turn in is time-sensitive," said Wheeler. "To ensure there is enough room for the equipment we brought, we have to step it up just to get the items turned in on time."

Wheeler relies a great deal on her supply specialist, as well as armor and maintenance Soldiers, to help complete the mission successfully, and attributes much of the equipment turn-ins to them.

"I was nominated because I'm the head person in supply, but really it's the Soldiers I work with who deserve the recognition," said Wheeler. "This job is definitely a group effort."

Besides turning in excess non-essential property, Wheeler manages two property books that keep track of all



Staff Sgt. Amanda Wheeler, a supply sergeant assigned to 105th Military Police Company, Task Force Shield, 4th Advise and Assist Brigade, 1st Cavalry Division, counts smoke cartridges during an inventory at Contingency Operating Site Marez, Iraq, July 6, 2011. Wheeler, a native of Buffalo, N.Y., earned recognition as "Long Knife Transition Soldier of the Week" for her contributions in reducing her unit's footprint in Iraq.

of the equipment assigned to the 105th MP Company.

"She does a fantastic job and is very diligent in the work she does," said 1st Sgt. Shera-Lea Synder, senior enlisted Soldier for 105th MP Company.

A native of Grand Island, N.Y., Synder added, "She puts

her heart into everything she does. She does everything she can to get Soldiers the equipment they need so they are mission-capable. When given the job to provide what Soldiers need, she goes above and beyond to accomplish the mission."

Evacs, job at clinic keep medic busy during deployment

STORY BY
SGT. JUSTIN NAYLOR
2ND ADVISE AND ASSIST BRIGADE



CONTINGENCY OPERATING BASE WARHORSE, Iraq – Whether treating a Soldier with a cold or helping save the life of a wounded warrior, there is always something to keep a medic busy while deployed.

A typical day for Spc. Kathy Hysong begins with patient care during sick call hours at the Troop Medical Clinic at Contingency Operating Base Warhorse, Iraq.

The remainder of her day is dedicated to preparing for any medical evacuations.

Hysong, a healthcare specialist with Charlie Company, 15th Brigade Support Battalion, 2nd Advise and Assist Brigade, 1st Cavalry Division, U.S. Division – North, plays a versatile role as a medic assigned to the evacuation platoon.

"We typically work in the clinic during sick call," she said, "but we always have to be ready to do an evacuation if necessary."

Staying active is important for the medics who evacuate patients.

An evacuation platoon Soldier's job often involves loading patients wearing full combat gear into vehicles and providing patient care while en route to a larger facility.

En route care is the most important part of an evacuation medic's job, said Hysong, a native of Baker City, Ore.

"I am responsible for keeping the patient (stabilized) from our level of care to the next," she said.

"Patient care during evacuations is just as important as the treatment they receive in the clinic," said Staff Sgt. Shirlee Burton, evacuation platoon noncommissioned officer-in-charge. "Without that en route care, the patient may die."

Hysong spends a large portion of her day with her fellow evacuation platoon members preparing for evacuation emergencies.

Training for combat is very important,

said Burton. "If you haven't trained to standard and if you make a mistake, people's lives are in danger."

Burton has already noticed improvements in Hysong's performance because of the training.

"She has improved tremendously," said Burton. "Actually doing real-life medical

evacuations has made her realize the importance of her job and the training that is required."

Although being part of an evacuation platoon is a large responsibility for a young medic, Hysong said her job helps keep Soldiers alive.



U.S. Army photo by 1st Lt. Tiara Walz

Spc. Kathy Hysong, a Baker City, Ore., native, and a medic with 15th Brigade Support Battalion, 2nd Advise and Assist Brigade, 1st Cavalry Division, manually provides oxygen to a simulated patient during an exercise at the Troop Medical Clinic on Contingency Operating Base Warhorse, Iraq.

the journey of a lifetime



Injured combat vets take trip they'll never forget, help to mend their unseen wounds

The wounded warriors of Operation Proper Exit X fold an American flag after paying their respects. Each veteran was given the opportunity to raise an American

STORY AND PHOTOS BY
SGT. FELICIA ADAMS
EXPEDITIONARY TIMES

CAMP VICTORY, Iraq - The last time retired Sgt. Saul Martinez was in Iraq, he was driving on a mission when an improvised explosive device suddenly hit his Humvee.

He remembered everything: the initial blast, the most thunderous noise imaginable, the smell, the smoke, and the radiant heat after the blast. He could even remember being tossed to the top of the crow's nest, then being slammed back down into the

Humvee before his vehicle began rolling. And, he could even remember the vehicle stopping, and then being medically evacuated from Iraq.

Even after his traumatic incident and the injuries he sustained, Martinez willingly made a trip back here along with six other wounded service members who also share similar experiences as him.

Six Soldiers and one Marine returned to Iraq for Operation Proper Exit June 26. OPE is a program which provides service members who were injured during their deployment in Iraq the opportunity to return and see the changes that have occurred because of their sacrifice, and affords them a chance to continue their healing process.

"It has real meaning and real value," said Rick Kell, the

executive director of Troops First Foundation, who escorts the wounded warriors back to Iraq. "What the program does is provides them with the opportunity to see the changes in person. It also allows them to come and talk to the boots on the ground here."

The other topic people talk about with this program is closure.

"This trip now gets us to 77 men that have been back on the program, and there are 77 different stories about closure and what it means to them individually," Kell said. "There are a lot of good stories and a lot of good results, but closure is an individual thing."

During the weeklong visit, the seven wounded warriors traveled the country visiting the three United States divi-



Combat veterans arrive in Iraq to participate in Operation Proper Exit June 26. Seven veterans spent a week in country touring bases, talking and sharing their story with troops and revisiting the location they were injured. The program is designed to give the veterans the opportunity to return and see the changes that have occurred because of their sacrifice, find closure and leave Iraq on their own terms.

Seven wounded warriors returned to Iraq for the first time since they were injured and receive a warm welcome June 26 at the Al Faw Palace in Baghdad, Iraq. The veterans were medically retired, and they returned to the combat zone to find a sense of closure.

Team, 3rd Infantry Division. “Being in uniform, being called sergeant again, and being in the other Soldiers’ presence [and] talking to them one on one here in this theater where my life changed, was the best part of my trip.”

Retired Sgt. Kurtis Edelman shared the same views on the trip as well.

“For me, I thought my healing point would be the grid, but it wasn’t,” said Edelman, previously with the 172nd Stryker Brigade Combat Team. “It was wearing the uniform, and also being here on the ground is what really solved it for me.”

One of the things this program has done is help change some of the veterans’ liveliness through bonding with the other wounded warriors, hearing their individual stories, how they are dealing with it and what they are going through.

“Although it’s a horrific event, sharing that horrific event with someone who gets it is absolutely immeasurable,” said retired Marine 1st Lt. Denis Oliverio, who was previously with the 1st Tank Battalion, Bravo Company. “I

can talk about this at work, but I quickly out talk the audience, they don’t understand or know what it’s like. But in this crowd, with these six other guys, they understand, and it is so helpful and beneficial to do that with these guys.”

For most of the wounded warriors, being back in country and seeing first hand how all of their hard work, effort and sacrifice was a relief in the long run.

“Seeing the technological advancement and the [reposture], which is a good thing, means that it worked and we were successful,” Oliverio said.

For other wounded warriors it was great to see and hear the commitment that their sacrifice had achieved.

“Being able to come back here and see the progress, and hear everybody’s reassurance that they are going to complete the mission is one of the best parts of this trip,” Martinez said.

Although they all have a different story to tell, OPE provided each and every one of the combat veterans with the same thing, something they weren’t able to get the last time they were here: a proper exit, on their own terms.

flag over Al Faw Palace in Baghdad, Iraq.

sion headquarters, a few outlying bases, and the location where each of their incidents occurred. Upon arriving at each location, the wounded warriors shared their stories with service members who are currently deployed here.

Most people would assume that returning to the combat site where they were injured would be the highlight of their trip. In fact, most of the veterans agreed that something as simple as wearing the uniform again, listening and learning from the other wounded warrior’s stories, and just talking to troops was by far the best part of their OPE experience.

“As great as it was going back to my site, I’d be lying if I said that was the best part of the trip,” said Martinez, who was previously deployed with the Heavy Brigade Combat

Soldier becomes naturalized in Iraq

STORY BY
SGT. ALLYSON PARLA
77TH SUSTAINMENT BRIGADE

JOINT BASE BALAD, Iraq – Since the 16th century, people of the Caribbean have been inextricably linked to the North American continent. A reminder of this country's greatness is the historical contributions by people such as Alexander Hamilton, who, among other accomplishments, served as a Soldier in the American Revolutionary War. He later became the senior aide-de-camp for Gen. George Washington. Hamilton, who is credited as being one of America's "founding fathers" and helped design the government of the U.S., was born and raised in the Caribbean.

Pvt. Marlyne Delice is a food service specialist for the 77th Sustainment Brigade, 310th Expeditionary Sustainment Command and a native of Port au Prince, Haiti. Delice took the Oath of Allegiance and became a U.S. citizen during an Independence Day naturalization ceremony at Al Faw Palace in Baghdad, Iraq, likely the last ceremony to be held in Baghdad.

In attendance, among others was Gen. Lloyd Austin, III, the commanding general of United States Forces-Iraq, and about 45 service members who participated in the ceremony seeking citizenship. Delice, who resides in Roselle, N.J., has been in the military for two years, following in the footsteps of her relatives who served before her.

"My grandfather used to be in the [Haitian] Army too," said Delice.

Unlike her ancestors, who likely faced obstacles of slavery, colonialism and struggled for independence, Delice has fond memories of growing up in Haiti.

"It was pretty awesome," Delice said. "I had a good life. I had a maid, chauffeur, went



U.S. Army photo

Pvt. Marlyne Delice, a food service specialist for the 77th Sustainment Brigade, 310th Expeditionary Sustainment Command and a native of Port au Prince, Haiti, shakes the hand of James Jeffrey, the U.S. ambassador to Iraq after receiving a certificate awarding her citizenship during an Independence Day naturalization ceremony. Delice is joined by Gudrun Jeffrey, the ambassador's wife and Gen. Lloyd Austin III, the commanding general for United States Forces-Iraq.

to private school, and lived in a big house. Coming here, there are ups and downs. If I could combine both worlds, that would be ideal."

Delice was raised by her grandmother for three years while her mother attended school in the United States. Coming to the U.S. was a surprise.

"They never actually told me I'm moving to the States, they just told me I'm visiting—going for summer vacation and coming back," she said referring to her mother's and grandmother's disclosure about her travels on the day she left.

The process of gaining citizenship seems to have been expedited, which she credits to her military service. For her mother and

sister, the process of gaining citizenship took about a year, as opposed to the five-month processing time for naturalization.

Even after the ceremony ended and her citizenship was finalized, Delice said the event still seemed unreal.

"I kind of almost gave up on trying to apply because I applied so many times; I was almost just ready to let it go," said Delice. "We were still skeptical—still to the day—until we actually saw the citizenship paper. We didn't believe it up until the time we signed the certificate."

Service members were given 100 questions to study that would possibly be asked during a test on American history, a requirement for naturalization.

"I was studying flashcards," said Delice. "When do we vote for President? Who is the first President? What's the highest court in the U.S.? Who is Vice President right now? If the President and Vice President cannot run, who runs in their place? There were a lot of easy questions, but there were definitely questions I did not know [the answers to]."

Since the recognition of Caribbean American heritage month six years ago in June, the White House has issued an annual proclamation recognizing their contributions.

President Obama's proclamation this year highlights influential Caribbean Americans including Jean Baptiste Point du Sable, the pioneer settler of Chicago; Claude McKay, a poet of the Harlem Renaissance; James Weldon Johnson, the writer of the Black National Anthem; Shirley Chisholm, the first African-American Congresswoman and first African-American woman candidate for President; Celia Cruz, the world renowned queen of Salsa music; and Colin Powell, the first African-American Secretary of State.

"We work a little bit harder at getting stuff done, because we know where we come from and we don't want to [go] back," said Delice.

Since the recent disasters to Haiti, she said that she doesn't look forward to heading back right now because of the current condition.

As the United States continues to reposition forces in Iraq, the ceremony recognizing Delice will likely be the last one held at Al Faw Palace, but the memories of the event will last forever.

"I thought I was going to cry saying the Pledge of Allegiance," said Delice, who admitted that she wished she had her citizenship during the Obama campaign so that she could vote. "President Obama came on the screen with a message. I kind of got emotional a little bit and it took a lot not to cry."

Clearing brush bolsters base protection

STORY BY
SGT. COLTIN HELLER
UNITED STATES DIVISION-NORTH



CONTINGENCY OPERATING BASE SPEICHER, Iraq – When deployed, even a seemingly simple task such as clearing brush around a base enhances security and increases protection for troops operating in the area.

Sgt. Cody Stevens, a heavy equipment operator assigned to Charlie Company, Special Troops Battalion, 2nd Advise and Assist Brigade, 1st Cavalry Division, earned the title of "Ironhorse Strong" Soldier of the Week for clearing out areas obscured by overgrown brush around Contingency

Operating Base Warhorse, June 18 to 22.

Stevens, a native of Salem, Ore., used a flamethrower known as a terra-torch to conduct terrain denial operations around COB Warhorse and expand visibility on areas outside the perimeter.

"He burned all the dead space around Warhorse to give the towers higher visibility if hostiles try and approach the [base]," said 1st Sgt. Walter Rogers, senior enlisted advisor with C Co.

The operation required Stevens, while wearing protective gear, to endure daily temperatures in excess of 110 degrees, which increased to 130 degrees while using the torching system, as he cleared five kilometers of vegetation, preventing possible enemy infiltration.

"Now, no one can come within 100 meters of the base without being seen," said Rogers, who calls Lawton, Okla., home. "If [enemies] can't get close, then they can't launch attacks ... or gather intelligence."

Stevens' actions directly resulted in improved fields of fire for perimeter guards, as well as giving quick reactionary forces a greater operating range.

"This benefits everyone on the COB," said Rogers, about the brush burning. "It gives [force protection] more time to react, less places for us to be attacked from."

Stevens also stands out as a "jack-of-all-trades" Soldier, doing other jobs in addition to his regular duties as a heavy



U.S. Army photo

Sgt. Cody Stevens, a heavy equipment operator assigned to Company C, Special Troops Battalion, 2nd Advise and Assist Brigade, 1st Cavalry Division, clears brush around Contingency Operating Base Warhorse, Iraq, June 20. Clearing brush around the base increases force protection capabilities and visibility for guards. For his efforts, Stevens earned recognition as the U.S. Division – North "Ironhorse Strong" Soldier of the Week.

equipment operator, Rogers said.

"He's an outstanding NCO, and a great team leader," said Rogers. "He does route clearance, force protection, as well as terrain removal. He does it all."

No one can come within 100 meters of the base without being seen.

– 1st Sgt. Walter Rogers

Celebrating Independence Day in Iraq

STORY AND PHOTOS BY
SPC. ANGEL TURNER
4TH ADVISE AND ASSIST BRIGADE



CONTINGENCY OPERATING SITE MAREZ, Iraq – Deployed in support of Operation New Dawn, “Long Knife” Soldiers assigned to 4th Advise and Assist Brigade, 1st Cavalry Division, celebrated America’s

235th birthday while serving together in Iraq. Soldiers assigned to Headquarters and Headquarters Company, 4th AAB, participated in a pre-Independence Day cook-off July 1 to allow troops to take time out of their schedules for fun and competition. “The cook-off was to recognize the hard work the staff of HHC has been doing this year ensuring our Iraqi partners have the best possible training,” said Capt. Aaron Childers, commander of HHC, 4th AAB. “This isn’t just about completing the mission,” he said. Serving during Operation New Dawn is about completing the mission more than 4,000 service members gave their lives for, Childers said. For 16 Soldiers of Long Knife Brigade, the Fourth of July became more than just a celebration of the nation’s birthday, as they raised their right hands and became America’s newest citizens during a naturalization ceremony at Al Faw Palace in Baghdad. Spc. Patrick Wells, a military justice paralegal assigned to HHC, said he enlisted in the U.S. Army because he felt

like it was the right thing to do. A veteran of two years, Wells celebrated his first Independence Day as a U.S. citizen after becoming naturalized earlier this year. “It makes me feel like I’m making a difference serving my country,” said Wells, a native of Regensburg, Germany. “I’m enabling people to have the freedom to support whatever they choose. I am proud to be able to be a part of maintaining freedom.” Some Soldiers earned recognition for their contributions to their units during the deployment, while others raised their right hand and extended their time in service by re-enlisting. Sgt. Jessie Wilson, an infantryman assigned to Bravo Company, 2nd Battalion, 12th Cavalry Regiment, attached to 1st Advise and Assist Task Force, 1st Infantry Division, re-enlisted, making this Independence Day a little more memorable than others. A native of Bronx, N.Y., Wilson said he joined the

“I am proud to be able to be a part of maintaining freedom.”

- Spc. Patrick Wells



Lt. Col. Phillip Gage, an operations officer assigned to Headquarters and Headquarters Company, 4th Advise and Assist Brigade, 1st Cavalry Division, bites into a slab of ribs during a July 1 pre-Independence Day cook-off at Contingency Operating Site Marez, Iraq.

Army to better his life and his future. Currently on his second deployment, Wilson said serving in Iraq is an eye-opener for him. “I see how people live and the kids with no shoes on their feet, and I see the privileges we have at home,” said Wilson. “Today is a day to appreciate our freedoms and the people who sacrificed their lives so we can have the privileges we have.”

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.

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!

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)



Sun screen saves skin from future maladies

BY SPC. MATTHEW KEELER
EXPEDITIONARY TIMES STAFF



The sun could possibly be the one stable thing about serving in Iraq. Every morning it rises, (some of us may wish it didn't), and at night it slowly sets. Bright and blinding rays of light shine down from the sun like the Raisin Bran mascot to offer everyone on Earth two scoops of ultraviolet rays. Now, even though most servicemembers wear full uniforms that reveal very little skin to the sun, that little bit is enough to cause damage later down the line.

Last week we covered the importance of drinking water over sports drinks, and this week will touch on how to properly protect your skin against the sun.

Two types of UV rays exist: UVA and UVB. UVB rays are what cause everyone's sunburn or surface tan. On the other hand, UVA rays cause damage to the tissue underneath the skin that can lead to skin cancer, sunspots or even premature aging and wrinkles.

UVB rays are shorter, which is the reason why they only burn the outer layer of skin. There are, however, two types of UVA rays, both long and short, which can lead to the damage underneath our skin.

The question is what to do to protect against these rays and save your skin from aging a few decades early? Going to the store and grabbing a container of suntan lotion is not always the answer. Especially if you do not know what "SPF" means.

Sun Protection Factor measures the percentage of UVB rays that the skin are protected against. An SPF 30 protects

against about 97 percent of UVB rays while an SPF of 15 protects against about 93 percent.

Suntan lotions are a dying breed of products on the market today. They are set to be replaced by tanning oils, spray on tans, and sun screens. In the past, suntan lotions have referred to sun screens with an SPF of 15 or less which offered less protection to the outer skin from UVB rays and the chance of getting more color.

The only problem with dealing with sun screen or lotion that offer less protection to UVB rays is that they probably offer less protection from the more harmful UVA rays, too. There could be damage to the skin and the underlying tissue that an average person may not even notice right away, but years down the line major issues could surface.

The best sun screen or product to look for is one that offer both UVA and UVB protection. In most cases these products will be an SPF of 30 or more but will help the skin by deflecting or scrambling the incoming rays.

It might mean that your skin does not get that dark tan that you are looking for, but it also means less of a chance of cancer later down the line.

As a final thought, remember that applying sun screen once a day is not a solution for skin protection. While working outside in the heat, we wipe sweat from our skin, and the sun screen comes with it. Even the "water-resistant" and "sweat-protected" products will thin out over the course of a couple of hours of work.

Keep re-applying sun screen every two to three hours to make sure that your skin is always protected.

Word on the Street

Who do you think will be winners during MLB All-Star weekend?



"The A.L. will win the All-Star game and Bautista will win the Home Run Derby."

Staff Sgt. Brian Fialek is a wheeled vehicle mechanic with the 310th Expeditionary Sustainment Command and a Twin Lake, Mich., native.



"I think the National League will pull it out this year because they definitely need it, and Jose Bautista will win the Home Run Derby."

Spc. Paul Mercer is a truck driver and fueler with the 310th Expeditionary Sustainment Command and a Chillicothe, Ohio, native.



"I think the N.L. will win the All-Star game and Prince Fielder will win the Home Run Derby."

Spc. Dayln Jenkins is a wheeled vehicle mechanic with the 310th Expeditionary Sustainment Command and an Indianapolis, Ind., 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

Three joint security stations located in southern Iraq were signed over to the Iraqis June 19 through June 22. U.S. military officers met with Iraqi officials at Sifer and Al Sheeb in Maysan Province and Minden located in Basrah Province to sign over control of the three stations as the U.S. continues its responsible drawdown.

“We got approval to close Sheeb, Sifer and Minden June 1st, which is right around three weeks, and prior to that no bases had been closed in that short a time period.”

Lt. Col. Charles Schoening, 36th Inf. Div.

“There is an exhaustive environmental process in order to ensure that when we return these bases, there is nothing hazardous or harmful to the environment left on the bases.”

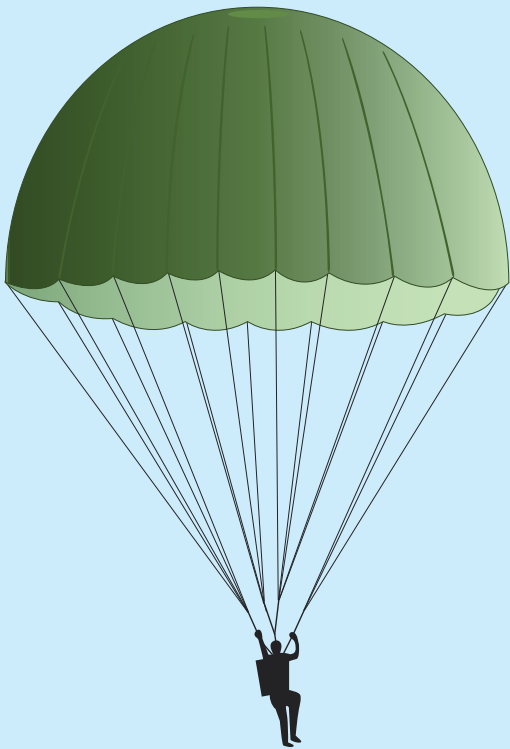
Lt. Col. Charles Schoening, 36th Inf. Div.

“It’s a good step in the right direction.”

1st Lt. Daniel Cosentino, 3-8 Cav. Bde.

“This event signifies the teamwork and cooperation between the two coalition forces.”


Capt. Steven Moya, 36th Inf. Div.



Look out below

The military is continuing tests on the new T-11 Advanced Tactical Parachute System, which is set to replace the T-10D Parachute assembly, introduced in 1955. Below is a statistical comparison between the two systems.

T-10	canopy	T-11
parabolic		modified cruciform
35 ft.	diameter	40 ft.
22 - 24 ft./sec.	avg. descent	18 - 19 ft./sec.
360 lbs.	weight limit	400 lbs.



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

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

Test your knowledge

1. Who co-wrote “Fame” with David Bowie?
2. Who was described as “a woman who pulled herself up by her bra straps?”
3. Who hit the top ten with the “Unskinny Bop?”
4. Who wrote under the pseudonym Bernard Webb?
5. What was Nirvana’s third album called?
6. With who did Janet Jackson sing “The Best things in Life Are Free?”

1. John Lennon 2. Madonna 3. Poison 4. Paul McCartney 5. In Utero 6. Luther Vandross

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. Aqua Training: Tue., Thu., 7:30 p.m., 8:30 p.m.	Edge Weapons & Stick Fight- ing Combative Training: Tue., Thur., Sat., 8-10 p.m. EAST REC- REATION CENTER 4-ball tourney: Sunday 8 p.m. 8-ball tourney: Monday 8 p.m. Karaoke: Monday 8 p.m. 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 8 p.m. Chess & Domi- noes Tourney: Friday 8 p.m. Salsa Class: Saturday 8:30 p.m. Poker: Saturday 7:30 p.m. H6 FITNESS CENTER Spin: Sunday 9 a.m. Mon., Wed., Fri., 2 a.m., 8 a.m. 2 p.m., 7 p.m., 9 p.m. Tuesday 8 p.m. Table Tennis: Tuesday 8 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. Sunday 5:45 a.m., 7 a.m., 3 p.m. P90x: Mon., Sat., 4:30 a.m., 4 p.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 Basket- ball: Saturday 8 p.m. H6 RECRE- ATION CENTER Bingo: Sunday 8 p.m. Texas	Hold'em: Mon., Fri., 2 p.m., 8:30 p.m. Tuesday 2 a.m., 8:30 p.m. Ping-pong tourney: Tuesday 8 p.m. Jam Session: Tuesday 7:30 p.m. 8-ball tourney: Wednesday 8 p.m. Guitar Lessons: Thursday 8:30 p.m. Salsa: Wednesday 8:30 p.m. P90x: Mon., Sat., 4:30 a.m., 4 p.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 Basket- ball: Saturday 8 p.m. WEST REC- REATION 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 8:30 p.m. Salsa: Wednesday 8:30 p.m. P90x: Mon., Sat., 4:30 a.m., 4 p.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 Basket- ball: Saturday 8 p.m. WEST REC- REATION CENTER Green Bean Karaoke: Sun., Wed., 7:30pm 9-ball tourney: Monday 8 p.m.	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. Gaston's Self- Defense Class: Fri., Sat., 7 p.m. Open court basketball: Thursday 7 p.m. Open court soccer: Mon., Wed., 7 p.m. Zingano Brazilian Jui Jitsu: Tue., Thu., 8:30 p.m. CIRCUIT GYM Floor hockey: Mon., Wed., Fri., 8-10 p.m.
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AFN SPORTS SCHEDULE



Wednesday 7/13/11

MLB: 82nd All-Star Game, Live 0300, Delayed 1400 & 2000, AFN I sports

Thursday 7/14/11

MLB: 2011 Home Run Derby, Delayed 0200, AFN I xtra
Golf: 2011 Open Championship: First Round, Live 1100, AFN I sports

Friday 7/15/11

MLB: Cleveland Indians @ Baltimore Orioles, Live 0200, AFN I sports
Golf: 2011 Open Championship: Second Round, Live 1100, AFN I sports

Saturday 7/16/11

MLB: St. Louis Cardinals @ Cincinnati Reds, Live 0200,

AFN I sports

MLB: Chicago White Sox @ Detroit Tigers, Live 0200, AFN I xtra
Golf: 2011 Open Championship: Third Round, Live 1400, AFN I sports
MLB: Boston Red Sox @ Tampa Bay Rays, Live 2300, AFN I sports

Sunday 7/17/11

MLB: Kansas City Royals @ Minnesota Twins, Live 0200, AFN I prime Atlantic
MLB: New York Yankees @ Toronto Blue Jays, Delayed 0700, AFN I xtra
MLB: Philadelphia Phillies @ New York Mets, Delayed 1000, AFN I sports
Golf: 2011 Open Championship: Final Round, Live 1300,

AFN I sports

MLB: Milwaukee Brewers @ Colorado Rockies, Delayed 1700, AFN I xtra
MLB: Florida Marlins @ Chicago Cubs, Live 2100, AFN I sports

Monday 7/18/11

MLB: Los Angeles Angels @ Oakland Athletics, Delayed 1700, AFN I xtra
MLB: Cleveland Indians @ Minnesota Twins, Live 2000, AFN I sports

Tuesday 7/19/11

MLB: Philadelphia Phillies @ Chicago Cubs, Live 0300, AFN I sports
MLB: Cincinnati Reds @ Pittsburgh Pirates , Delayed 1000, AFN I sports

The Sports Lounge

Titans RB Chris Johnson: He maybe the best running back in the game. He's the fastest RB, if not player, in the NFL. He's proven it with a 2,000-yard season and if he doesn't get a new contract before this season starts, he is due to make \$800,000 this year. There are fullbacks, kickers and coordinators making more than the best RB in football. Maybe they do need to re-negotiate contracts and possibly lock out so this type of robbery won't happen.

Overall, I recommend this movie and give it three out of five stars for providing unadulterated comedy and several laugh-out-loud scenes. It loses points for predictability and slightly overdoing the emotional complexity and sentimentality in what should be a straight-up comedy.

BY MARK BAKER





U.S. Army photo by Spc. Terence Ewings

Playing the Fools

(Above) Soldiers assigned to 4th Advise and Assist Brigade, 1st Cavalry Division speak with members of the rock band Fools and Horses following a July 3 concert at Contingency Operating Site Marez, Iraq. Following a one-hour concert, the group from Baltimore, Md. took pictures and auto-graphed CDs for the deployed civilians and U.S. service members.

(Right) Fools and Horses plays a rendition of Franz Ferdinand's "Take Me Out" during their concert at COS Marez.



U.S. Army photo by Spc. Terence Ewings

Victory Through Support