

The Expeditionary Times

Proudly serving the finest Expeditionary service members throughout Iraq

Vol. 3 Issue 1

November 18, 2009

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US Army photo by Capt. Murray Shugars

Crewmembers with A Team take up their duty positions around the mobile mooring station of Q-West's 17-meter Aerostat during a hoisting operation Nov. 7. The aerostat crewmembers – all from A Company, 2nd Battalion, 198th Combined Arms, out of Hernando, Miss., and with the Base Defense Operations Center – provide a key element of base defense, maintaining the balloon and surveillance 24/7.

Provider Soldiers prepare Iraqis for drawdown

STORY BY
SGT. 1ST CLASS T.F. MANN
90TH SUST. BDE. PUBLIC AFFAIRS

CONTINGENCY OPERAT-
ING LOCATION
CALDWELL, Iraq

While most of Little Rock's 90th Sustainment Brigade is focused on the preparation for the responsible withdrawal from Iraq, a team of mechanics with the Arkansas-based unit is helping the Iraqi Army develop the foundation for the nation's security at a base camp near the Iranian border.

Nine Army Reserve maintenance personnel with the 90th Sust. Bde. make up the Logistics Training and Advisory Team, who are assigned to Camp Caldwell at the Iraqi Army's Kirkush Military Training Base

to help implement a regional maintenance program for the Iraqi military.

The LTAT receives its workflow and priorities from the commander of the 5th Iraqi Army Division at KMTB. The base houses a training center for Iraqi noncommissioned officers and a regional maintenance facility, providing vehicle maintenance and parts for the Iraqi Army.

The LTAT is responsible for implementing an organizational vehicle maintenance program that will provide vehicle repairs, parts ordering and distribution for the Iraqi military, said Sgt. 1st Class Phillip Bader, the non-commissioned officer in charge of the team, a maintenance technician and a Taylor, Mich., native.

Bader said the program includes a software ordering package that also tracks replacement

parts and components and vehicle maintenance data. Additionally, the LTAT mentors and trains Soldiers in metal fabrication, including steel and aluminum components for storage and maintenance repairs, he said.

In most military organizations, there are four levels of maintenance to manage parts ordering, repairs and replacements, and maintaining an inventory of components, Bader said. The goal of the program is to create levels of organizational maintenance, with progressive levels of expertise and areas of responsibility, he said.

The 90th LTAT is helping implement a level three maintenance program with a "teach, coach, mentor" approach, he said. This will support an entire region and a large volume of military utility vehicles – similar to Ford and Chevy pick-up

trucks available to consumers, Humvees and larger military cargo-hauling trucks, he said. Services include body work, replacing worn parts, tire repair, transmission repair and engine work. The more significant the repair work or difficulty of obtaining parts, the higher the level of maintenance, he said.

Bader said the teach, coach, and mentor approach will help create a cost-saving, self-sufficient organizational maintenance program for the Iraqi Army. The multi-tier maintenance program, which is in its third year of development, will enable the Iraqi Army to better support the national government when called upon, he said.

Chief Warrant Officer Wilton O. Toups, the officer in charge of the LTAT, said his team is

SEE LTAT ON PAGE 4

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STRAY ROUND:

Complainant telephoned the Law Enforcement Desk and reported a stray round at H-7 housing. A patrol was briefed, dispatched and arrived on the scene to make contact with the complainant who said via Air Force Form 1168 statement of complainant, he was watching a movie in his housing unit and a .9mm stray round came through the ceiling and made contact with the complainant who sustained no injuries. Damage consisted of one entry hole in the ceiling roughly the size of a dime in diameter. The patrol took the property and transported the stray round for proper disposal.

ARTICLE 128/SIMPLE ASSAULT:

Complainant telephoned the Law Enforcement Desk and said someone assaulted him. A patrol made contact with the complainant at his location. The complainant said via Air Force IMT 1168/Statement of Complainant, the subject assaulted him by throwing a handheld radio and striking him on the right side of his chest near the shoulder. Complainant further said the subject left the area where the incident took place. A patrol transported the subject to LED and was advised of his 4th Amendment rights via AF IMT 1168/Statement of Suspect/Witness/Complainant. The subject requested legal counsel and refused to make a verbal or written statement. The subject was released to supervisor via Department of Defense Form 2708/Receipt for Inmate or Detained Person.

GENERAL ORDER No. 1 VIOLATION:

Complainant telephoned Joint Defense Operations Center and reported a General Order No. 1 violation had occurred at the JDOC. Patrols were briefed and dispatched. They arrived on the scene and contacted the complainant who said, while performing a health and wellness inspection, he discovered illegal contraband. Two subjects were apprehended and transported to the Law Enforcement Desk for further processing.

NIPR: 318-443-8602

SIPR: 708-241-1171

Email: PMOdesk@iraq.centcom.mil

Soldiers' divorce options

BY 1ST LT. MELVIN RAINES II
CHIEF, LEGAL ASSISTANCE
13TH ESC JUDGE ADVOCATE GENERAL



Four percent of married enlisted troops in the U.S. Army obtained divorces during fiscal year 2008.

Female enlisted Soldiers divorced at a rate of 8.7 percent in 2006, a rate that rose slightly in 2008.

These statistics paint a sad picture.

This article aims to provide basic information concerning divorce law and resources that could help prevent the need to seek further legal advice.

Divorce law varies among the different states and territories. Contact a legal professional for information on specific state guidelines.

The divorce process is started by filing a petition for divorce in court. Every state and county has different forms, rules and filing fees that apply to such a filing.

Accordingly, it is often a good idea to use legal professionals who are familiar with the specific rules of the city in which the divorce is to be filed.

After filing the divorce petition with the court, every state has a waiting period. This period could be as short as 20 days or as long as one year, depending on the state and the type of divorce.

During the course of the case, the parties should attempt to reach an agreement on certain subjects, including: division of marital property; allocation of marital debts; spousal support; child support; and child custody. This can be a simple matter of reaching what is known as a marital settlement agreement.

If the parties cannot agree, they will be required to dispute the matter in court, a process which tends to be very lengthy and expensive.

A divorce case can be handled for less than \$500 when the parties agree on all issues.

However, the process can cost tens, even hundreds, of thousands of dollars when parties have extensive issues they cannot agree on.

At the end of the waiting period, assuming all requirements have been met, the court will issue a decree of dissolution. This document has the legal effect of ending the marriage.

It is important to notify the finance office about this, because it could change your entitlement to certain types of family support pay.

There is no requirement for separation, legal or otherwise, before getting a divorce.

Until they are fully, legally, divorced it is unlawful for service members to date or have sexual relations with anyone other than their spouse. One spouse does not give the other spouse a divorce. The court gives the divorce.

Most divorces are based on the no-fault concept, which means a divorce will be granted if one spouse claims there are irreconcilable differences.

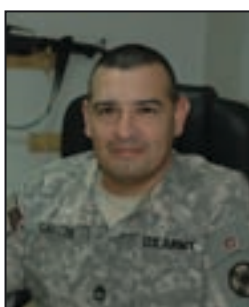
One person can get divorced even if the other person wants to remain married and even if that other person does everything possible not to cooperate with the process.

In almost every case, people seeking a divorce would be well served to pay a visit to the chaplain. You do not need to be religious to do this and are never forced to visit the chaplain if you do not desire to do so.

However, most chaplains have training and experience in helping married couples improve communication skills and take other steps to help save a marriage.

One resource offered to Soldiers before they deploy, or re-deployed, is attendance at a Strong Bonds marriage retreat. The program usually consists of a very nice weekend retreat and is sure to benefit any marriage. Contact your unit chaplain for further information on this program or to get more information on ways to strengthen marriages in general.

For further assistance, please feel free to contact the legal assistance office at DSN (318)-433-2836.



TO: Sgt. 1st Class Jose Garcia

Hi Baby, I just want you to know that I love you and miss you very much. I am very proud of you. Thanks for everything you do. I hope that you are doing well over there and I can't wait for you to come home. Thanks for the flowers and my new Yukon. Everyone in the MRI Dept says 'hi' to you and hopes that you are doing well. I LOVE YOU MI AMOR!

FROM: Maria Garcia

Shout-Out!

EXPEDITIONARY TIMES

Expeditionary Times is authorized for publication by the 13th Sustainment Command (Expeditionary). The contents of the Expeditionary Times are unofficial and are not to be considered the official views of, or endorsed by, the U.S. Government, including the Department of Defense or Operation Iraqi Freedom.

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

Expeditionary Times is published weekly by the Stars and Stripes central office, with a circulation of 3,000 papers.

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

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155th Heavy Brigade Combat Team
332nd Air Expeditionary Wing
194th Engineer Brigade

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

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

Mission Statement: The Expeditionary Times staff publishes a weekly newspaper with the primary mission of providing command information to all service members, partners and Families of the 13th Sustainment Command (Expeditionary) team, with a secondary mission of providing a means for units at Joint Base Balad to disseminate command information to their audiences.

Stressed mind reacts differently

By CAPT. STEVE BRASINGTON
COMBAT STRESS CONTROL PSYCHIATRIST



Cognitive Behavioral Therapy is an effective type of talking therapy used in recovery from trauma.

Post Traumatic Stress is diagnosed when trauma-related symptoms significantly interfere with daily functioning.

Symptoms reside within four domains: re-experiencing, numbing, avoiding and hyper-arousal.

When an individual repeatedly thinks about the trauma or feels as if the trauma is happening again, then the individual is re-experiencing the memory. This recall of the traumatic event can occur either awake or asleep.

Numbing may show up as a lack of interest or participation in activities that were once meaningful.

Avoiding includes deliberately staying clear of reminders of the stressful event.

Hyper-arousal refers to difficulty sleeping or letting down your guard.

Cognitive therapy helps individuals become more resilient by identifying the automatic thoughts connected to memories and replacing those ideas with more helpful responses.

For instance, a combat medic might have the

thought "I could have saved the platoon sergeant – he did not have to die."

The main premise states, the wounded Soldier died due to a lack of proper care. The corollary is a Soldier, who receives proper medical care does not die. The wrong conclusion would be the Soldier died because the medic did not perform properly. The result would be persistent guilt or a sense of failure for the medic.

A substitute thought would include, the Soldier had medical care without delay. The Soldier died due to fatal wounds, not a lack of prompt medical attention or incompetence. Without the burden of guilt, the medic continues to hone skills and provide the best care possible in the field.

The goal of cognitive therapy is to unpack the thought behind the feeling and find a more helpful alternative. Better, more realistic thinking improves emotional health. Thoughts powerfully influence emotions.

For example, your beloved agrees to marriage. The thought that someone loves you deeply fills your heart. Your thought shaped the feeling. Something good happened and you responded with thoughts as well as feelings.

Cognitive therapy seeks to enhance the relationship between your thoughts and feelings.

It can take practice and coaching to sort out

the thoughts behind the feelings.

Let us compare a therapist to an athletic coach wanting to improve your form and prevent injury. In sports, improper technique leads to low performance or even failure. Imagine the Combat Stress Team as a group of trainers and coaches ready to improve your form from the neck up.

Traumatic stress reactions do get better in time.

We invite you to accelerate your healing by discussing your trauma-related concerns with a member of the behavioral health team.

Too many great Americans serve their country in foreign lands, return home and turn to alcohol to fall asleep or relax. Alcohol is a highly effective stress solvent – it dissolves the tension away.

However, it will not make you stronger or more resilient. It could make you sick or hung over because, in time, you need to use more and more to feel better.

In my experience, Soldiers get accustomed to overusing caffeine, nicotine or energy supplements to work long hours and bear heavy burdens.

Combat stress is prepared to help you find a healthy balance. We offer smoking cessation, as well as substance abuse screening.

We stand ready to serve. Come take advantage of the world-class medical care you deserve. Return next week to read about a Soldier's story.

Chaplain's Corner: lepers lead to God

By CAPT. KERSTIN HEDLUND
90TH STB CHAPLAIN



Last year at this time, I was driving back to church after bringing communion to someone who wasn't able to wor-

ship. Just before I turned from the highway into the church parking lot, I got stopped at a red light where I saw him and he saw me.

It was a familiar sight that many of you have seen before: an unshaven man standing with a sign that said, "Need work. Broke. Will do anything." He was standing right next to my car window.

He could see that I was "all pastored up" in my clerical collar. There was a desperate look in his pale eyes. In the endless seconds that I sat stopped, several things skated through my mind: "Ignore that look. He's a con. You're on the wrong side of the Good Samaritan story ... just like the priest and Levite. Roll down

your window and talk," which I began to do, but decided against.

Then, we both looked into the other's eyes ... really looked. We looked, as if I could see the whole truth about him and he about me. Then we both bowed our heads at each other. We bowed our heads in shame, smiled helplessly at each other and I drove off. I think we were both ashamed for me.

In one of his reflections, German Lutheran Pastor Dietrich Bonhoeffer said, "It is the accursed thanks of the hypocrites when the rich see the table of the poor empty and leave it empty, while giving thanks for what is theirs as God's blessing."

He calls us to pass on the blessings we have received from God, so the world knows of God's mercy and abundance. We can also receive God's gifts from others' hands with gratitude.

One person who knew of God's mercy and abundance very well was that 10th leper people often read about on Thanksgiving. He is the one

who returned to Jesus, fell at his feet and gave himself back to the giver.

Jesus asks him, "Where are the other nine?"

I've heard this story in church every Thanksgiving from the time I was tiny. I've often heard preachers ask the same question to congregations who, like the 10th leper, came to give themselves back to the giver.

But last year I heard another question in a Thanksgiving sermon. The preacher said the nine were exactly where Jesus commanded them to go ... they were in the temple.

And wasn't I going back to church that Sunday I drove past the man? The preacher said these days we often know where the other nine are. They are in church, with her, with me.

Her Thanksgiving question was not, "Where are the nine?" but rather, "Where is the 10th? Where is the one who will lead us back to Jesus and show us heartfelt gratitude?"

She never answered the question and concluded that it was safer for her to stay with the other nine.

I don't know the answer for sure either. But, the 10th may be closer to us than we imagine ... right outside our doors. Even here in this place. If we're brave enough to find him, to share the bounty from our tables with him, to be amazed by what he can teach us, we may find another surprise as well.

Bonhoeffer discovered a surprise when he met the 10th leper in his day.

He said, "Jesus goes incognito, as a beggar among beggars, as an outcast among outcasts, as despairing among the despairing."

In the coming days we may find this true too. And I hope in the coming days that 10th leper – wherever we find him – will find God incognito in us too. When we see each other, maybe we will bow our heads together, though not in shame this time. When we find each other we will bow our heads in silent prayer and in Thanksgiving to the God who unites us, feeds us, heals us, loves us and always comes back for us.

SHOUT OUT!!!

Contact the Expeditionary Times for more information.

E-mail: expeditionarytimes@iraq.centcom.mil

LTAT FROM PAGE 1

well on its way to accomplishing its mission.

"The 90th (Sust. Bde.'s) mission presents a major opportunity to leave a lasting impression on some of the Iraqi citizens working with us," he said. "Additionally, we are mentoring their junior and senior leaders, and helping portray Americans in a positive light."

Toups said the mission is critical for the Army and the safety of the Iraqi nation.

"When we withdraw from Iraq, we need to ensure the Iraqi people have a security force and Iraqi Army that can protect them from foreign and domestic threats," he said. "They need to be able to sustain their forces. That is what the Logistics Training and Advisory Teams are designed to do."

Reserve Soldiers bring their civilian job skills as well as experience working with the general populace, said Toups.

"Which is a major bonus working with the Iraqis as a whole," he said. "In their culture, good relationships and friendships are a must."

Sgt. Pedro Reyes, generator mechanic with the 90th, said their most important mission is building trust.

"We're here to work with the Iraqis and help implement an organizational maintenance program," he said. "We have to be part diplomat, part mechanic and part NCO."

Reyes, who manages a fabrication plant in Cleveland, Ohio, in his civilian job, provides welding and fabrication expertise in addition to his skills as a generator mechanic. This helps the LTAT mission because workplace items such as shelves, tire stands and storage racks are built from scrap metals.

Reyes drafts diagrams and provides mentorship to Iraqi Army welders, who are creating an auto-parts storage and maintenance facility the size of a large auto parts store. After completing fab-

rication and welding training for Iraqi Army mechanics, he will teach courses in generator repair and maintenance.

To help teach transmission repair, mechanics Sgt. Martin Mertz, Staff Sgt. Mark J. Harrison and Spec. Jesse Woody cut an old transmission in half, creating a cut-away to show its inner workings. With this display they can better teach component replacement, repair and assembly.

These three each bring a specialized civilian skill to the LTAT team: Mertz works in highway and bridge maintenance for the State of Illinois; Harris is a senior diesel technician and Woody is warehouse manager and road construction worker.

The classroom is an open-bay garagewhere transmissions requiring maintenance are used as teaching aids.

The biggest difference between this transmission shop and shops back home is the presence of a translator communicating between students and

instructors.

"The Iraqi Army mechanics are very inquisitive and knowledgeable in the maintenance of military vehicles," said Bader. "They can take a fuel injection system from one type of car and make it work in another type of vehicle. You don't see many American mechanics that can do that – The Iraqi mechanics are very smart."

Bader said their nine-month mission is packed full of hundreds of vehicles in need of repair.

"We don't have time to fight boredom," he said. "The days go by fast because you're constantly doing something."

Bader said the proudest moment of his tour has not yet arrived.

"When the guys go home and tell stories of the work they did here and Jundee (Iraqi soldier) accomplishments – that will be my proudest moment because we will have succeeded in our mission," he said.

New Iraqi partnership mentors collaborate

Logistics Training, Advisory Teams trade tips at Balad

STORY AND PHOTO BY
SPC. BRANDY OXFORD

36TH SUST. BDE PUBLIC AFFAIRS

JOINT BASE BALAD, Iraq – For the first time since their units' arrival in Iraq, four sustainment brigades' Logistics Training and Advisory Team leaders met to discuss the Iraqi capacity to self-sustain and the teams' plans in the coming months.

The leaders, from the 15th, 36th, 90th and 96th Sustainment Brigades and the 13th Sustainment Command (Expeditionary), met Nov. 18 at Mirage, dining facility two, at Joint Base Balad, Iraq, to determine which of the four phases of partnership each of the 11 LTATs is in with its respective medium workshop.

"(Brig. Gen. Paul L. Wentz) wanted a fresh-eyes assessment because all of the brigades have just transferred authority; they're all new," said Maj. Dennis Utt, Iraqi Security Forces future operation plans officer with 13th ESC, and a Fort Hood, Texas, native.

The 11 LTATs work with 10 medium workshops and one general transportation regiment, said Maj. Patrick L. Rowe, chief of the 13th ESC Iraqi Security Forces LTATs and an Owensboro, Ky., native.

Medium workshops provide direct maintenance support to Iraqi Army divisions, he said.

Each sustainment brigade has an Iraqi Security Forces chief who oversees one to five LTATs depending on the number of medium workshops or missions in their area of operations, he said.

"For most of them, if not all of them, this is the first time they've met each other and met the ESC," Rowe said.

"This is just an opportunity for these guys to network and share ideas for what works here and what works there. What really happens, from what I've seen, is the opportunity for them to cross-talk, network, ... (ask) 'have you tried this; have you tried that?' and receive guidance from their higher."

Utt said the leaders' goal in meeting collectively was to determine how each LTAT is partnering with the workshops, including guidance they give the Iraqis and their guidelines for partnership now and in the future.

"What this conference is designed to do is to find out where they are currently in the partnership phase and where they intend on going in the next 90 days," he said.

Phase one of the partnership includes U.S. and ISF embeds, he said.

"We have several workshops that are embedded," he said.

"They live on the same (COL) with the Iraqi forces and they live with the Iraqi Army, the medium workshops."

In phase two, U.S. forces are not embedded with Iraqi forces but visit a few times a week, Utt said.

They also met to discuss the capabilities of each workshop, its shortfalls, success stories and needs, said Utt.

"The goal is to get the Iraqi Army medium workshops self-sustaining and self-reliant," he said. "That's our main goal, is to ... give them the pro-



Col. Fredrick Brown, operations officer with the 13th Sustainment Command (Expeditionary) out of Fort Hood, Texas, Maj. Dennis Utt, Iraqi Security Forces future operation plans officer, with the 13th ESC, Capt. Kyle Brown, commander of Headquarters and Headquarters Company, 307th Brigade Support Battalion out of Fort Bragg, N.C., and Chief Warrant Officer 3 Scott Carman, 751st Combat Sustainment Support Battalion out of Eastover, S.C., discuss the U.S. partnership with Iraqi Army medium workshops through LTATs Nov. 18 at Mirage, dining facility two, at Joint Base Balad, Iraq. Leaders from the 15th, 36th, 90th and 96th Sustainment Brigades and the 13th ESC met to determine which of the four phases of partnership each of the 11 LTATs is in with its respective medium workshop. Medium workshops provide direct maintenance support to Iraqi Army divisions.

cesses and get the tools in place to be able to operate independently, without us having to oversee it."

For some, a monthly visit to offer assistance or teach a class may be all the IA needs, Rowe said.

"One of the things we're trying to figure out is how do we draw down our numbers and still provide the part-

nership that the Iraqi Army needs," Rowe said. "I've got less people to pull from – we, I, being America – so how do I still provide that same level of partnership that the Iraqi Army has requested and needs?"

He said this question becomes especially pertinent as the U.S. closes bases.

Choose a computer, don't break the bank

BY STAFF SGT. ROBERT J. FAULKNER
EXPEDITIONARY TIMES STAFF



As a geek, I'm routinely asked for my advice when friends or acquaintances want to buy technology items such as computers, digital cameras and televisions.

It's understandable. With technology manufacturers advertising that we need the newest, best and hottest item out there, determining what we actually need may be difficult.

This is especially true of choosing a laptop.

If you want to buy a laptop for something specific like gaming or video editing, you can stop reading now. This doesn't apply to you. I'm going to be talking about a general use computer, one that will be fine for e-mail, surfing the Web, looking at photos and videos, and general word processing.

Let's break it down a little bit. The major components you can customize in your computer are the processor, memory (RAM), hard drive and display.

The processor is the central hub for everything you do on your computer. One would think this is

the place to spend your money. In reality, a processor running between 2.0 gigahertz and 2.4 GHz is fine. Don't break the bank upgrading this. Look for a dual-core processor and you'll get twice the bang for your buck.

RAM is something that will significantly affect the performance of your machine if you don't have enough. For a machine running Windows Vista, I wouldn't recommend anything less than 2 gigabytes. That said, you won't see markedly improved performance for having a ton more. I wouldn't spend money on more than 4 GB of RAM.

The hard drive will determine just how many songs, photos or other types of files you can store on your computer. This is one feature where many people assume more is better.

To a certain degree, they're right. But think about this. Why spend a ton of extra money for a hard drive that you may never fill up?

The reality is, this is one element you'll have to decide for yourself. You know how big your music library is and how often you take photos. If you have a lot of both, go for a bigger hard drive. Somewhere in the 320 GB to 500 GB range should suf-

fice. If you don't have a lot of media, 120 GB to 250 GB should do just fine.

For many years, the standard laptop size has been somewhere in the 15-inch range. Almost all laptops I've ever used fall into that range. Seventeen-inch displays are becoming much more popular. There are advantages and disadvantages to both.

I'd recommend basing your decision on two key factors: how much you travel with your laptop and whether or not two inches is going to make your multimedia experience that much more enjoyable.

The travel factor is based on the weight of the machine. Believe it or not, lugging around a computer can get annoying. If your computer weighs 9 pounds, it's going to be more annoying. For me, a 15.4-inch widescreen display is plenty of space to watch movies, view photos and handle all my other computing needs.

There's no reason for the majority of people to break the bank on a new computer. Many manufacturers make laptops that meet these specifications for well under \$1,000. Remember, it's going to be obsolete in five years anyway. Don't spend money on features you don't need.

Non-chargeable leave for deployments

STORY BY
SGT. CASSONDA DAVIS
36TH SUST. BDE PUBLIC AFFAIRS

CONTINGENCY OPERATING LOCATION AD-
DER, Tallil, Iraq
— Qualifying Soldiers could earn additional non-chargeable leave

days through the Post Deployment Mobilization Respite Absence program.

Master Sgt. Frank Dever, noncommissioned officer in charge of the Personnel Administrative Center with the 36th Sustainment Brigade, 13th Sustainment Command (Expeditionary), said PDMRA is designed for Soldiers who mobilize more frequently than Department of Defense standards normally require.

This could directly affect the Texas National Guard's

36th Sust. Bde. because roughly 30 percent of its deployed Soldiers have had prior deployments, said Dever.

This program is designed to grant qualifying active duty, Reserve and National Guard Soldiers the opportunity to receive additional non-chargeable leave days based on multiple in-theater deployments within a specified time frame, said Dever.

"DOD regulation gives specifics on which in-theater contingency operations qualify for PDMRA," he said.

According to Department of the Army Personnel Policy Guidance, PDMRA recognizes Soldiers who are required to mobilize or deploy with a frequency beyond established DOD rotation policy thresholds. The active component deployment-to-dwell ratio, dwell indicating time at

home, is 1:2 and the Reserve component mobilization-to-dwell ratio is 1:5.

This means for every year a Soldier in the active component deploys, they are authorized two years of stabilization. Based on the policy's guidance, for every year a Soldier in the Reserve or National Guard deploys, the Soldier is entitled to five years of stabilization.

PDMRA is considered non-chargeable leave or an administrative absence and cannot be cashed in, said Dever.

"PDMRA has no monetary value to it," said Dever. "You cannot save those days up and sell them once you come off your Title 10 orders."

Some Soldiers will have PDMRA days accumulated upon their return to the demobilization station. Those Soldiers may receive addi-

tional pay and allowances for those days, in addition to any terminal leave they have acquired, said Dever.

Unit administrators should know how many PDMRA days a Soldier has, based on their personnel records, said Dever. He also said he encourages every Soldier to provide and review calculations based on their DD 214 forms, which serve as proof of service.

Staff Sgt. Nikki Shearman, human resources NCO with the 36th, is serving her second tour since 2005, making her eligible to receive pay and allowances under PDMRA.

Shearman said her first deployment was to Bosnia in 2005, but she was not eligible because the program did not exist.

"I think it's a good program," she said. "It is a good opportunity for Soldiers who have mo-

bilized more than once, to spend time at home with their families and enjoy a good (leave) when they come home for the second time."

The online calculator is user-friendly and helps Soldiers figure out the number of days they qualify for under the PDMRA program, said Shearman.

"The process was easy," she said. "I actually went to the Web site, looked up the calculator, entered the mobilization code off of my DD214 and entered the dates. This gave me the number of days I had."

Soldiers wanting more information on the PDMRA program should contact their unit personnel office. Additional information and the Web-based calculator can be found at: <https://forums.bcks.army.mil/>

So. Carolina Soldier becomes sergeant

STORY BY SGT. LASSANDRA A. KEY
541ST CSSB

CAMP TAJI, Iraq — Sgt. Keisha Dewitt said becoming a noncommissioned officer made her believe she had an opportunity to continue to demonstrate her potential, not only as a Soldier but also as a leader of Soldiers.

Dewitt, 24, a wheeled vehicle operator and a Longs, S.C., native, was one of the Soldiers promoted to the rank of sergeant in a ceremony hosted by the 498th Transportation Company Oct. 12 in the motor pool at Camp Taji, Iraq.

Dewitt works in the personnel section of the 498th in Iraq, but as a civilian in South Carolina, she is the deputy sheriff for Lexington County.

She said being a deputy sheriff has helped her become a better Soldier because she enjoys helping people.

Dewitt has a bachelor's degree in criminal justice from the University of South Carolina in Columbia, S.C. In the future, she said she plans to join the ranks of commissioned officers.

"It's really important to me that I learn, teach and train as much as possible as an NCO, so that I may be beneficial to the next Soldier who wants to follow in my

footsteps," Dewitt said.

Her family has a long-standing tradition of military service, including an uncle who is a sergeant major and one who is a lieutenant colonel, she said.

"It's good to have the experience and perspective from both uncles because I sometimes have to ask them for advice on my military career," she said.

Staff Sgt. Demetrick Gamble, Dewitt's platoon sergeant and a Rockhill, S.C., native, said Dewitt is a dedicated Soldier.

"She has great potential and is always willing to help others," he said. "Sgt. Dewitt thrives in environments in which she is given greater responsibilities."



Mississippian delivers justice

STORY AND PHOTO BY
BY CAPT. MURRAY SHUGARS
2ND BN., 198TH COMBINED ARMS

CONTINGENCY OPERATING LOCATION Q-WEST, Iraq — A Mississippi Army National Guard judge advocate officer received a Meritorious Service Medal in a ceremony Nov. 13 outside the Base Defense Operations Center at Contingency Operating Location Q-West, Iraq.

Col. Brian A. Montague, command judge advocate with Mississippi's 2nd Battalion, 198th Combined Arms out of Senatobia, Miss., received the medal from Lt. Col. Kerry Goodman, commander of the 2/198th CAB.

Montague, the state's senior Army judge advocate and a Hattiesburg, Miss., native, volunteered to deploy with the 155th Heavy Brigade Combat Team out of Tupelo, Miss.

He provides legal support for two battalions — the 2/198th CAB at Q-West and 2nd Battalion, 114th Field Artillery Regiment out of Starkville, Miss., at COL Marez.

The lowest echelon the Army typically assigns judge advocates is the brigade level, said Capt. John Suehiro, 15th Sustainment Brigade judge advocate.

"At the brigade level, we usually have two officers providing legal support, a major and a captain," said Suehiro, a San Jose, Calif., native. "However, your battalions are spread all over northern Iraq, so it's good to have that kind

of support with you instead of relying on your brigade headquarters south of here."

Having such legal support at the battalion level was a helpful asset, said Goodman.

"It allowed me to give the legal team direction, to give them my intent and guidance while they did the research and fieldwork of non-judicial punishment," said Goodman, a Meridian, Miss., native. "They were also a great asset for judicial punishment."

Goodman said while the staff judge advocate offered support to the command, trial defense services provided similar support for individuals, protecting Soldier's rights during the legal process.

"You're going to have Soldiers who make mistakes," he said. "That's part of a deployment, and we impose corrective action to steer those Soldiers down the right path. Our goal is to rehabilitate and improve Soldiers whose mistakes do not warrant judicial punishment."

Montague also helped with the battalion's officer development program, said Goodman.

"He did a lot of training with the company commanders and me," he said. "He taught us about the military legal process, and that training will stay with me for the rest of my career."

Montague said his work is equally divided between military justice and legal assistance to Soldiers.

"The days are long, but the issues vary constantly," he said. "I spend part of my time responding to alleged Soldier misconduct. With much of the remaining



Col. Brian A. Montague, command judge advocate with Mississippi's 2nd Battalion, 198th Combined Arms out of Senatobia, Miss., and a Hattiesburg, Miss., native, receives a Meritorious Service Medal from Lt. Col. Kerry Goodman, commander of the 2/198th CAB and a Meridian, Miss., native, during a Nov. 13 ceremony outside the Base Defense Operations Center at Contingency Operating Location Q-West, Iraq.

time, I offer legal assistance to Soldiers.

"For instance, my office helped Soldiers with wills and powers of attorney, dealing with lenders and landlords, resolving domestic issues and civil matters back home. Basically, these covered a variety of concerns outside the scope of military justice."

Montague said he could not have done this by himself.

"I have been ably supported by three outstanding paralegals — Spc. Latorrance Anderson and Spc. Tamaleilua Mose at Q-West, and Spc. Chris Gurley at Marez," he said. "Despite my having done this

for over 20 years, it is a real testament to the abilities of these three that they have taught me better ways to do things and have recovered my fumbles on more than one occasion."

As a colonel rather than lieutenant colonel, Montague said his rank is a novelty in this position.

"Back in Mississippi, I was in charge of filling judge advocate slots for the 155th Brigade," he said. "I couldn't ask someone else to deploy if I wasn't willing to do it myself, so I volunteered." "This is one of the most richly rewarding professional experiences of my career."

The Weekly Standard

BY MASTER SGT. ROY THACKER
13TH ESC INSPECTOR GENERAL NCOIC



Deployments leave indelible marks on everyone. Stressors, whether from changes in mission, the injury or death of a fellow Soldier,

family situations, or long work hours, are ever present during deployments.

There are those in our force who eventually find themselves in need of a little care and compassion due to stressors in their life.

Leaders help preserve the force by first recognizing the warning signals and then by becoming involved.

Monitoring Soldiers through the use of a unit Watch program is just one step of preserving the force. Unit Watch is not a treatment program but a method to ensure the Soldier is safe while being treated.

Unit Watch includes but is not limited to: continual observation of the member; searching of the member's belongings and living quarters for dangerous items;

prohibiting access to alcohol and drugs; and/or minimizing contact with people who may negatively influence the member's mental health.

The three levels of Unit Watch range from low to high, with high being the most intrusive. Unit Watch can be initiated by the commander or by behavior health personnel.

Unit Watch procedures are meant to keep service members safe during treatment. It should not be used as a means of retaliation or harassment, or to engage in improper search and seizure. The procedures should never cross the line toward being hurtful, demeaning or used as a tool for punishment.

For additional information on a Unit Watch program refer to the 13th ESC inspector general unclassified Web page. The Multi-National Corps - Iraq policy titled "Management of a Unit Watch Program in the Iraq Joint Operations Area" can be accessed through the Joint Base Balad portal. For those units located elsewhere go to <https://portal.jbb.iraq.centcom.mil/Pages/Default.aspx> to access the 13 ESC IG NIPR webpage.

Joint Base Balad: DSN 433-2125
Lt. Col. Reginald Howard
(Command Inspector General)
Maj. Scott Peters (Deputy)
Master Sgt. Roy Thacker (NCOIC)
Sgt. 1st Class Danilo Egudin
Sgt. 1st Class Javier Cruz

Q-West (15th SB):
DSN 827-6115
Lt. Col. Kyle Peterson
Taji (96th SB/ 155 BCT):
DSN 834-3079
Lt. Col. Timothy Norton/
Lt. Col. Paul Bird
Adder/Tallil (36th SB/ 41 BCT):
DSN 833-1710
Lt. Col. Melanie Meier/
Maj. Jeffrey Copek
Al Asad (96th SB):
DSN 440-7049
Sgt. 1st Class Tamera Wynn

Sexual Assault Response Coordinator

Sexual violence can occur in any type of relationship, but most perpetrators of sexual assault are known to their victims.

Among victims ages 18 to 29, two-thirds had a prior relationship with the offender.

The Bureau of Justice Statistics reports, in 2000, six in 10 rape or sexual assault victims said they were assaulted by an intimate partner, relative, friend or acquaintance.

Call the Joint Base Balad sexual assault response coordinator at 443-7272 or contact via pager 443-9001, pager 159 for help.

Army members should seek assistance with their unit victim advocate or deployed SARC; you may also call 433-7272 or 443-9001, pager 122/135 for assistance.

AAFES works to meet demands despite delays

STORY AND PHOTO BY
SGT. JOHN STIMAC
EXPEDITIONARY TIMES STAFF

JOINT BASE BALAD, Iraq – Shipping and receiving goods to the Army and Air Force Exchange Services across Iraq has been increasingly difficult for several months, due to restrictions implemented by a status of forces agreement signed in January 2009, said an AAFES spokesman.

Dean W. Edwards, store manager at the east post exchange at Joint Base Balad, Iraq, said the last few months have been difficult as shipments no longer come directly to JBB.

Now shipments travel by convoy to contingency operating locations throughout the country. This, combined with weather, causes delays, he said.

“We are three weeks behind in merchandise,” said Edwards. “Most of the shipments come from (United Parcel Service) and, unfortunately, it is all the stuff that everybody wants.”

A few months ago, he said, the roughly 10 planes that delivered merchandise to JBB were rerouted to one central location in Baghdad.

“This has been the cause of some of the delays,” said Edwards. “At first it was a week. Now we are waiting several weeks to get shipments in.”

Military and dining facility items have priority over AAFES items, said Edwards. He said tracking packages used to be easier, but because all of the merchandise goes to Baghdad first, that is where the tracking ends.

“Once it gets to Baghdad, we have no way of knowing where and how long it takes to get here,” said Edwards. “I have sent tons of e-mails to UPS to see where the packages are.”

He said he has gone as long as three weeks without receiving merchandise.

“We keep a lot of back stock, but we are going through that as well,” said Edwards. “We have ample supplies of the health and beauty items. However, the items that people really want, such as the electronic items and tobacco, we have been running out of.”

Edwards said he thinks the problems will continue, because the delivery system will not change under the status of forces agreement.

“Patience is a virtue,” he said. “Please be patient and understanding. We like to help our customers, but it has been tough these past few months.”

Pfc. Nathan W. Bishop, a wheeled vehicle mechanic with the 16th Sustainment Brigade and an Atlanta native, said he noticed the shortages but was not aware of the delivery problems.

“I had an idea it was slowing up but I didn’t know why,” said Bishop. “I can’t complain. Waiting a little longer is better than people have it at other places. I’m glad I’m not a smoker because I noticed there hasn’t been any tobacco here in weeks.”

Edwards said customers have been understanding so far. He said they take names and e-mail addresses, and send a message when the items requested are received.

“We have some excess merchandise being sent to us from other (Contingency Operating Locations) to ease the tension for a while,” said Edwards.



Spc. Donervon Bonhomme, a motor pool clerk with the 13th Sustainment Command (Expeditionary) and a St. Martinville, La., native, looks at one of the movies on display at the Army and Air Force Exchange Services east post exchange at Joint Base Balad, Iraq.

Finance running team racks up miles

STORY AND PHOTO BY
CAPT. JASON HEMPSTEAD
828TH FINANCE DET.

CAMP LIBERTY, Iraq – What began as two Soldiers running to stay conditioned at the Z-Lake at Camp Liberty, Iraq, transformed into a finance running team.

Now the team represents 10 Soldiers’ running fixation.

Sgt. 1st Class Helga Colbert, the 828th detachment sergeant and a Dorado, Puerto Rico, native, and Spc. Nicole Delong, a customer service clerk and a Reading, Pa., native, founded the team.

Since they came to Iraq five months ago, Colbert and Delong have run in every sponsored running event – from the Army Ten Miler to 30 miles in a little more than three hours – a total of roughly 20 races.

Delong said it is not just about the fun, it is an adrenaline rush and an opportunity to earn a T-shirt.

“Not only is running great for

me, but these races are motivating,” she said. “The T-shirts are a memory. Improving my time on each race is not only a challenge but an accomplishment.”

The pair has racked up certificates of achievement, medals, plaques, T-shirts and coins for their efforts. Colbert has finished third or higher of competing females in every event and Delong consistently finishes high enough to earn a T-shirt.

Spc. Laura Zerphey, a finance cashier and a Palmyra, Pa., native, said she joined the running team to improve her long distance run times.

“When I cross that finish line it gives me the confidence and sense of achievement that I need, to keep pushing myself to be greater than what I am,” she said.

Spc. Christopher Cuomo, another finance cashier and a Harrisburg, Pa., native, said his love of running grew over time.

“I ran the first time just to prove to myself that I could,” he said. “Now I try to run longer marathons to push myself and get in better shape.”

Spc. Eric Nelson, a finance cashier from Ephrata, Pa.,



Sgt. 1st Class Helga Colbert, the detachment sergeant and a Dorado, Puerto Rico, native, and Spc. Nicole Delong, a customer service clerk and a Reading, Pa., native, the founders of the finance run team from the 828th Financial Management Detachment, 208th Financial Management Company, 96th Special Troops Battalion, 96th Sustainment Brigade, pose for a picture after completing the Army half marathon.

said running creates a common ground for Soldiers, contractors and Department of Defense civilians.

“I have learned that running is not only healthy for the mind, body and soul,” Nelson said. “It also promotes camaraderie ...

The person who comes out on top is the one with the most heart, rather than the one with the highest pay grade.”

Guardsmen go to school

Iraqi children receive toys, supplies

STORY AND PHOTOS
SPC. CORY E. GROGAN
41ST IBCCT PUBLIC AFFAIRS.

SCANIA, Iraq – Oregon National Guard members brought supplies and gifts to a school in Scania, Iraq, Oct. 27 to promote the education of local national children.

Members of A Company, 2nd Battalion, 162nd Infantry Regiment out of Springfield, Ore., with the 41st Infantry Brigade Combat Team at Contingency Operating Location Scania, Iraq, brought 500 school kits to children at a school near Scania.

The kits included notebooks, crayons, pencils, sharpeners, pens, color markers, glue sticks and scissors donated by the Tom Dearling Foundation.

Construction on a new school, to consolidate the four schools in the area into one, is scheduled to be completed in spring of 2010.

"This support package provides an entire community the possibility to begin the process of providing their own self independence and education for the next generation," said Lt. Mark Major, executive officer with A Co. and a Eugene, Ore., native.

The children at the school have been visited by Soldiers on countless civil military operations, said Sgt. Julie Cavinee, an administrative specialist with A Co. and a

Crewell, Ore., native.

CMOs have made a difference around Scania.

The children's perception of the Soldiers has changed quite a bit since A Co. first visited the school, said Sgt. Jesse Haggart, a team leader with A Co. and a Vancouver, Wash., native.

When A Co. arrived, it did

assessment missions to find out the village's sewage, water, electricity, academic, trash and medical needs, said Haggart.

When the Soldiers first started going on the missions,

the children were skeptical about their intentions, said Haggart, but they needed a school and school supplies.

"We made it a point to let them know we are still here working with them," said

Haggart. "Now they know us and we have bonded."

Cavinee said, "It's great to see all the classrooms filled and the kids (who) remember us; it has really progressed here."



Girls from a school near Contingency Operating Location Scania, Iraq, look at school supplies they received during a civil military operation Oct. 27.



Boys from a school near Contingency Operating Location Scania, Iraq, received fire hats donated by the Tom Dearling Foundation Oct. 27 from Iraqi Army Soldiers and 41st Infantry Brigade Combat Team members.



Children from a school near Contingency Operating Location Scania, Iraq, interact with a Soldier and pose for a photo during a mission Oct. 27 in which A Company of the 2nd Battalion, 186th Infantry Regiment, with the Oregon National Guard, brought them school supplies and other resources for their school.



Members of the Iraqi National Army and the 41st Infantry Brigade Combat Team of the Oregon National Guard work together Oct. 27 to give gifts and school supplies to children from a school near Contingency Operating Location Scania, Iraq.

Army prepares for immunization against H1N1

BY CAPT. JASON R. PICKETT
FIELD SURGEON
90TH SUST. BDE.



As the Army prepares for the widespread immunization of Soldiers against H1N1 type influenza, also known as the Swine Flu, Soldiers have expressed concern about the safety of the vaccine they will be ordered to receive.

These concerns have been heightened by reports in the media of healthcare worker groups protesting state mandated vaccinations for healthcare workers. There are a lot of myths out there about H1N1 and vaccination. It is important for Soldiers and commanders to have good information with which to make an informed decision. Next month, we will talk about why it matters to your family.

H1N1 is a new strain of influenza similar to the strains of influenza that are typically seen in the fall and winter months of the year. It is a viral illness that causes headache, sore throat, fever, body aches, fatigue, nausea, and vomiting and usually lasts four to six days.

In most healthy people, the symptoms resolve without any special treatment. Bed rest, increasing fluid intake and taking medication for fever and pain, such as acetaminophen (Tylenol) or ibuprofen (Advil, Motrin) are usually sufficient.

H1N1 attracted a lot of attention because it is a strain that started out in pigs, then mutated and made the jump to humans.

It has proven its ability to spread rapidly among humans and was worldwide within weeks. H1N1 is highly contagious.

Swine Flu tends to cause high morbidity, sickness, but low mortality, one to four percent of those who get it die. The chances of dying from H1N1 are actually less than with seasonal flu, but 25 percent of those who die are otherwise young and healthy.

Vaccination makes it far less likely that you will catch the flu and, if you do, the disease would be far milder than if you were not vaccinated.

Healthcare workers and deployed military are first in line for the vaccine due to the risk of carrying it to other patients or to other countries.

Because Soldiers tend to be at particular risk from H1N1 due to their age, most are between 18 and 49 years old, and close living quarters, the military has a particular interest in ensuring the best protection possible.

Which vaccine will I get?

The Army is using only the inactivated vaccine. Live Attenuated Influenza Vaccine, the seasonal and H1N1 FluMist, will not be available to deployed Soldiers.

Your family members back home may have a choice. Is this a new vaccine?

Yes and no. The H1N1 vaccine contains the genetic material of the H1N1 virus and that particular genetic material has not been widely administered before.

However, this vaccine is manufactured and processed exactly like every dose of seasonal flu vaccine that we administer each year. Hundreds of millions of doses of seasonal flu vaccine have been given. The only difference between this vaccine and the seasonal flu vaccine is the genetic material of this particular strain.

Are flu vaccines safe?

Yes. The chances of a serious complication of influenza vaccination are one per 1,000,000 vaccines given.

By contrast, the risk of a serious complication of influenza is 750 per 1,000,000. At this rate, if we vaccinate 100 percent of the military, active and reserve, two or three service members may have a serious reaction.

I've heard about serious complications from flu vaccines in the past. Is this true?

In 1976, a flu vaccine was given that led to a higher rate than normal of Guillan-Barre syndrome, which is a rare and potentially fatal neurological disease.

Since that time, the rate of GBS in vaccinated persons is the same as for everyone else. By contrast, your risk of getting GBS is much higher if you catch the flu.

Whenever I get the vaccine, I get the flu.

After you get the flu shot, your body recognizes the genetic material in the vaccine and creates antibodies, which will later destroy the influenza virus when it enters your body. When your immune system is creating these antibodies, you have an immune reaction which can cause fatigue, muscle aches or a slight fever. These reactions are typically mild and resolve quickly.

There are viruses that cause similar illness each year that are not influenza and you may have been unlucky enough to catch one at the same time. It is not possible for you to catch the flu from the flu shot.

The Army has a particular interest in preventing influenza. Half of all deaths among U.S. service personnel in World War I were due to influenza, mostly the famous Spanish Flu, and its complications.

Even with relatively mild illness, influenza leads to lost duty days, decreased combat effectiveness and misery for Soldiers. Serious complications of the flu can mean weeks of recovery, a trip home or worse.

You may now be wondering whether or not family members should get the vaccine. The short answer is probably yes.

Seasonal influenza kills 30,000 to 40,000 people each year from the virus or associated complications.

Certain populations, such as the very young, the old, pregnant patients, and people with certain medical problems such as immune disorders, are at high risk for severe complications or death from influenza.

Estimates from the President's Council of Advisors on Science and Technology estimate that one-third to one-half of the population of the United States could be infected with H1N1 this fall and winter, causing 30,000 to 90,000 deaths.

H1N1 is concerning because 25 percent of the patients who died from it were otherwise young and healthy before infection.

There is no cure for influenza. Good hand washing before you eat, drink or smoke can help prevent it, as can staying healthy, eating right and getting plenty of sleep.

There are antiviral medications available and the two that are recommended are zanamivir (Relenza) and oseltamivir (Tamiflu). It is recommended that these medications be reserved for high-risk or very ill patients.

For most patients who get influenza, symptomatic treatment with acetaminophen (Tylenol) or ibuprofen (Advil, Motrin) is sufficient, along with bed rest and proper hydration.

What vaccines are available?

Trivalent Inactivated Vaccine, the flu shot

This is given as an injection to patients of virtually any age, though very young children require two shots. The TIV is extensively studied in adults, children, babies, the elderly and pregnant patients.

It is very effective at conferring immunity to the flu. The TIV contains proteins and particles of genetic material from the flu virus.

Because the viruses have been killed, there is no chance of catching or spreading the flu from this vaccine.

One study of nearly 2,000 patients showed a 50 percent better rate of protection from the flu with the TIV when compared with the LAIV. Roughly 50 percent of patients report mild reactions such as injection site pain or redness. Some report symptoms such as body aches and fatigue, which are mild and resolve rapidly.

Live Attenuated Influenza Vaccine (FluMist)

This is a single dose of vaccine given as a nasal spray. It contains live attenuated, weakened, virus.

Possible side effects include runny nose, sore throat, or mild fever. Again, these symptoms are mild and resolve quickly.

The vaccine is approved for use in people aged 2 to 49 years old. In children, it has been found in studies to be somewhat more effective than the TIV, where it seems less effective than the TIV for adults.

It is not recommended for people 50 and older or children under the age of 2.

Because it contains live virus, there is a possibility this weakened virus may cause serious illness in people who have their immune systems suppressed by illness, cancer, autoimmune diseases, or medication, chemotherapy, prednisone. For this reason, people who live or work around people with suppressed immune systems should get the TIV instead. Pregnant patients should also not get the LAIV, but should get the TIV.

My wife is pregnant. Should she get the vaccine?

Yes. Pregnant patients have a significantly higher rate of serious complications from influenza. This can be very dangerous for the mother and can increase her chances of having a miscarriage.

By contrast, the chances of a reaction from the vaccine are extremely low. A study of more than 2,000 pregnant women showed no adverse effects on the mother or fetus from the vaccine.

Do vaccines increase the risk of autism?

No. This is one of the longest running and fiercely defended myths about vaccines out there. One study, many years ago, suggested a possible link between vaccines and autism. Of the original 12 authors of the study, 10 have publicly said the study was not designed to find such a link. Multiple well-designed multi-center trials have been performed and to date have shown no link between vaccines and autism.

What about mercury, Thimerosal, in the vaccine?

Most flu vaccine does contain Thimerosal, which is a mercury-containing preservative that prevents contamination of the vaccine. Thimerosal can be found in multi-dose vials of influenza vaccine and most others.

There are concerns about the amount of mercury exposure to infants and young children, as mercury can be harmful to developing brains.

Thimerosal has been removed from all vaccines now given except the flu vaccine.

However, the amount of mercury contained in a dose of vaccine is well below the amounts thought to cause any harm.

There are Thimerosal free influenza vaccines available and parents can request these for their children under the age of 6.

H1N1 has the potential to make your whole family very ill. Vaccination is safe and will prevent a great deal



Have you been vaccinated?
See the **Phipps Clinic** for information about immunizations
Open 7 a.m. to 3 p.m. Monday through Friday



Soldiers 'Expect to expect the unexpected'

STORY AND PHOTO BY
STAFF SGT. JEFF LOWRY
TASK FORCE 38 PUBLIC AFFAIRS

JOINT BASE BALAD, Iraq - Sometimes what is calm on the surface disguises an intensity that can spring forth at any moment.

That is what Soldiers with Task Force 38's medical evacuation unit, C Company, 7th Battalion, 158th Aviation Regiment at Joint Base Balad, Iraq, experience every day.

Calm on the surface

The unit conducts routine flights called contingency aeromedical staging facility flights.

"CASF missions, most of the time, are not urgent; they are routine in nature," said Sgt. 1st Class Patrick Casha, a flight medic and platoon sergeant with C Co., and a Taulatin, Ore., native.

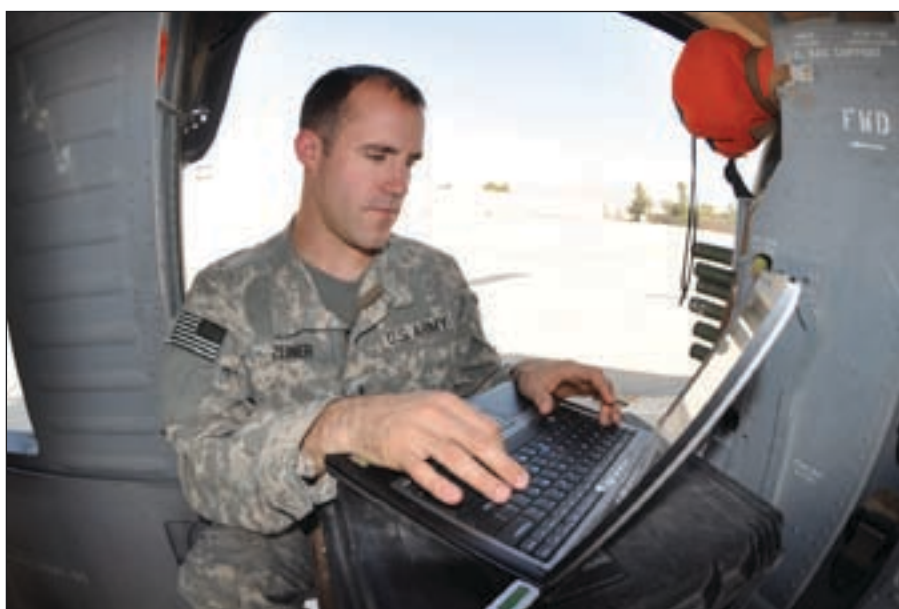
These routine missions pick up patients, medical supplies, doctors and nurses from outlying bases and bring them to JBB. Medevac Soldiers said the patients who come to JBB typically need additional care and Air Force medical personnel determine if further treatment is required.

"Basically it's an Air Force mission and they stage patients here for the next higher echelon of care," said Casha. "That care could be an MRI, surgery or any procedures they can't handle here."

Higher echelon care centers are located at Landstuhl Regional Medical Center in Germany and, in some cases, U.S. hospitals.

The CASF mission is also specific to JBB.

"It's unique to Balad, that's why we're going out to pick (patients) up and bring them here," said Chief Warrant Officer Rod Comstock, a standard-



Oregon National Guard Chief Warrant Officer Joe Zeiner, a Task Force 38 UH-60 Black Hawk helicopter pilot with C Company, 7th Battalion, 158th Aviation Regiment, checks the computer-based manual for the helicopter as he prepares for a contingency aeromedical staging facility flight Nov. 12 at Joint Base Balad, Iraq.

ization instructor pilot with the unit and a Salem, Ore., native. "The other places don't have a CASF mission."

Because CASF flights are scheduled, pilots and crewmembers can better prepare for them.

"With CASF missions we have much more time for detailed flight planning," said Comstock.

Intensity springs forth

What was scheduled as a routine CASF flight the night of Nov. 12 changed from routine in an instant.

"Medevac, medevac, medevac," came across the hand-held radios, and a quiet barbecue dinner cel-

brating Veterans Day suddenly turned serious as crewmembers ran toward the flight line.

"The real difference between the two (missions) is one, (CASF), we have time to plan and with the other, medevac missions, we don't know where we're going," said Zeiner.

Yet within minutes the pilots were in the cockpits, knew where they were going and knew their mission - delivering blood to another base. These medevac Soldiers learned to prepare for the spontaneity of their mission.

"You have to keep yourself physically and mentally ready all the time," Zeiner said.

Sgt. Zach Holden, a Company C crew chief and a Portland, Ore., native, said he agreed.

"I never know what to expect," he said. "You never know when the mission is going to come down. It keeps things interesting. You expect to expect the unexpected."

The crew members make sure they are ready for a flight mission at a moment's notice.

"I hurry with a purpose," said Holden. "I slow down to make sure I don't miss anything."

Yet the pilots and crew did not dawdle Nov. 12. The Army standard is that helicopters must be airborne within 15 minutes of receiving a medevac call.

"We jump in the helicopter and go get people," said Zeiner, "That's what we do."

Soldiers celebrate Native American culture

STORY BY
SPC. LISA A. COPE
EXPEDITIONARY TIMES STAFF
SPC. CORY GROGAN
41ST IBCT PUBLIC AFFAIRS

CONTINGENCY OPERATING LOCATION ADDER, Iraq - Service members at Contingency Operating Location Adder, Iraq, attended a National Native American Heritage Month observance Nov. 14 at Memorial Hall to honor the tradition and culture of Native Americans.

Task Force Volunteer, with the 41st Infantry Brigade Combat Team, hosted the event.

Task Force Volunteer includes the 1115th and 720th Transportation Companies from New Mexico, two units with strong Native American contingencies.

The observance included traditional Native American speaking, dancing, singing and drumming.

Sgt. Ervin Garcia, with the 1115th Transportation Company and a member of the Dine tribe in the southwest United States, also known as the Navajo nation, spoke his traditional Navajo language and translated it to English as the narrator of the event.

Garcia said Native Americans have

served in and alongside the United States military since the Revolutionary War and represent the highest per capita enlistment of any ethnic group in the United States.

Sgt. Mary Ann Bullhead-Chavez, a military police officer with the 720th Convoy Support Battalion, out of Albuquerque, N.M., read the month's proclamation from President Barack Obama.

Bullhead-Chavez also performed a women's northern traditional dance, which originated from the Native American Plains tribes.

Bullhead-Chavez, a Red Lake, Ariz., native, said she believed dancing for her Soldiers would help them understand her culture and learn more about her as a person.

"I have been dancing ever since I was a little girl, but it was different dancing here in Iraq," she said.

"I think they saw a part of me that they have never seen before, as far as my culture and what I do away from the (Army combat uniform)."

Bullhead-Chavez said the dance is one of the oldest, used to show grace and elegance to symbolize the earth and the beauty of the Native American woman.

Spc. William P. Estevan, a truck driver with the 1115th Transportation Company out of Toas, N.M., shared a

part of his culture by singing a traditional song, the Flag Song, and a song he helped write which was dedicated to the Soldiers of Operation Iraqi Freedom, called the "OIF Intertribal Song."

"This was my second time singing this song over here in Iraq," said Estevan, an Acoma Pueblo, N.M., native.

"The song was pretty much put together from all the things that Soldiers go through - from support from their family, to doing their job out here, to being a part of a tradition that they can be proud of."

Estevan said he shares his culture with his fellow Soldiers because it helps them become more aware and understanding of Native Americans' backgrounds.

He said Native Americans are brought up in a hard-working culture, which makes them good Soldiers.

Garcia said the proud history of Native Americans in the U.S. military includes the famous Navajo code-talkers of World War II.

"The Navajo code-talkers, as they would become known in military history, created the most ingenious and successful code," he said.

"Their unbreakable code was pivotal to hastening the end of WWII and saving countless American lives."



U.S. Army photo by Photo by Spc. Lisa Cope

Sgt. Mary Ann Bullhead-Chavez, a military police officer with the 720th Convoy Support Battalion out of Albuquerque, N.M., performs a women's dance which originated from the Native American Plains tribe at the National Native American Heritage Month observance Nov. 14, in Memorial Hall at Contingency Operating Location Adder, Iraq.

96th Sustainment Brigade Visits Al Asad

STORY AND PHOTO BY
STAFF SGT. KIMBERLY CALKINS
96TH SUST. BDE.

AL ASAD AIR BASE, Iraq – The command team of the 96th Sustainment Brigade, out of Salt Lake City, Utah, visited Al Asad air base Oct. 26 and Oct. 27, following a change of command ceremony between the 96th and the 10th Sustainment Brigade.

During the visit, Col. C.J. Read, commander of the 96th Sust. Bde., met with Lt. Col. Jody Dew, commander of the 751st Combat Sustainment Support Battalion, to discuss the 96th's areas of operation and future missions at Al Asad air base.

With the influx of military personnel from every branch of service, Al Asad will continue to have a dynamic presence in western Iraq, said Read. It will serve not only as a logistical hub, but may house a national training facility as well, he said.

During the two-day visit, Read and Command Sgt. Maj. Vicki Briggs, with the 96th Sust. Bde., observed several of the 751st CSSB's units.

Fabric repair specialists with the 263rd Quartermaster Company out of El Paso, Texas, provide uniform repairs for the service members at Al Asad. Sgt. Tammi Welton, a Barley, Neb., native, is the noncommissioned officer in charge



Col. C.J. Read puts the 96th Sustainment Brigade patch on the shoulder of Lt. Col. Jody Dew, commander of the 751st Combat Sustainment Support Battalion, during a two-day visit by the 96th Sust. Bde. command team to the 751st CSSB's areas of operation Oct. 26 and Oct. 27.

of the fabric repair shop.

"Our repairs include replacement of zippers, buttons and Velcro," Welton said. "We also fix rips and tears."

The four-Soldier team has access to two sewing machines but mends some uniforms by hand.

The command team also visited the Joint Distribution Center, where they observed the cargo and equipment that resides in the yard for no more than 96 hours.

The efficiency of the lanes, layout and moving parts of the JDC, stems from the collaborative teamwork of Sgt. 1st Class Neil Brown, the noncommissioned officer in charge of the JDC, with the 138th Quartermaster Support Company, out of Brazil, Ind., and Bernardo Moreno, logistics warehouse foreman with KBR, Inc. and a Yuma, Ariz. native.

"It's not about KBR and Army, it's about personal relationships," said Brown, a Brazil, Ind., native. "KBR ab-

solutely goes out of their way to provide the best customer service."

The Joint Air Cargo Operations Terminal functions on a similarly collaborative level. Sgt. 1st Class Robert Helderman, noncommissioned officer in charge of JACOT with the 138th QM Support Co., and a Newberry, Ind., native, gave the leaders a tour of the operations, describing the networking between Army, Navy, Air Force and Marines.

The group discussed combining the Army cargo with Marine operations at the Arrival and Departure Airfield Control Group in pursuit of efficiency. Leaders are evaluating the future of this mission as the 96th takes command and the future of Al Asad changes in accordance with drawdown needs.

"The ADACG mission will be tasked to the 49th Movement Control Battalion," said Dew. "While the 1218th Transportation Company ... will head up and coordinate inner-theater traffic for Al Asad."

At the end of the tour, Read and Briggs held an impromptu patching ceremony with Dew and Command Sgt. Maj. Chet Welch, with the 751st CSSB.

"Col. Read and his staff have done an excellent job supporting the 751st CSSB," Dew said. "They are providing guidance and decisions for off-ramping units, as well as setting up our two transportation units for success in the way ahead. We look forward to the leadership of the 96th Sustainment Brigade and the team effort they brought with them."

Navajo tribesman speaks at luncheon

STORY BY
SGT. RYAN TWIST
EXPEDITIONARY TIMES STAFF

JOINT BASE BALAD, Iraq – The Joint Base Balad American Indian Heritage Luncheon was held at Morale, Welfare and Recreation Center east at Joint Base Balad, Iraq, on Nov. 18 in recognition of Native American month.

The luncheon featured a prayer in the Navajo language and focused on bringing fading traditions into the spotlight.

"One hundred and ninety thousand Native American military Veterans (are) living today," said Brig. Gen. Craig A. Franklin, commander of the 332nd Air Expeditionary Wing. "Native Americans have the highest record of military service per capita compared to any other ethnic group in the United States."

Franklin said the Native Americans' distinctive cultural values, such as their proud warrior tradition, drive them to serve in the military.

"A warrior tradition is a willingness to engage the enemy in battle, the characteristic demonstrated by the courageous deeds of Native Americans in combat and best exemplified by qualities such

as strength, honor, pride, devotion and wisdom, said to be inherent to most, if not all, Native American societies," said Franklin.

He said these qualities are a perfect fit for military services.

Spc. Phillip Bedonie, a signal systems specialist with the 13th Sustainment Command (Expeditionary) out of Fort Hood, Texas, said a prayer in the Navajo language during the luncheon.

"I think there was a pretty good turn out," said Bedonie, a Tuba City, Ariz., native.

Guest speaker, Tech Sgt. Jacob Livingston, a contracting officer representative with the 332nd Expeditionary Civil Engineering Squadron and a Saint Michaels, Ariz., native, is a full-blooded Navajo Indian who spent 19 years on a Navajo reservation. He said events like the luncheon show how the military is dedicated to recognizing all cultures.

"I'm just really glad that everyone is always recognized," said Livingston.

Airman 1st Class Ashleigh R. Taylor, security forces with the 332nd Expeditionary Security Forces Squadron out of Holloman Air Force Base, N.M., and a Hayward, Wis., native, said events that explain the culture and background of Native American people allow service members to better understand their dy-

ing customs. She said raising awareness allows the history to spread.

"My culture is dying in a way people don't know about," she said. "I'm the first person from the St. Croix Chippewa tribe in Wisconsin to join the military."

Taylor said her family and friends are proud of her and enjoy listening to stories about her military training and travels. She said many people tell her she is the first Native American they have met.

Second Lt. Walter F. Sprengeler, headquarters platoon leader with the 514th Support Maintenance Company out of Watertown, N.Y., with the 80th Ordnance Battalion, said the event made him proud to be Native American.

"Our culture has endured so much," said Sprengeler, a Flagstaff, Ariz., native. "I also felt that those that did attend the luncheon left with some sort of education, even if it was the smallest knowledge of the Native American culture."

Sprengeler, winner of the Native American month essay contest, said when service members serve away from home for extended periods of time, they tend to lose focus on who they are. The event helped him remember a lot about the culture he grew up with, he said.

Livingston echoed this sentiment. "Being away from the reservation really made me appreciate the stuff I took

for granted back home," he said. "I've heard of heritage events before, but I didn't take it seriously. I was always too busy to go, but it is towards the end of my career in the military and I plan to go back to the reservation."

He said he has forgotten some things after being away from the reservation for so long, but as he gets in touch with friends and family there, he is re-learning a lot of traditions and beliefs he had forgotten.

"My grandmother told me that mother earth takes care of you, so you've got to take care of her," said Livingston. "Being away from home for so long, I started seeing the Air Force as my mother. She clothes me, she feeds me, she takes care of me. I do what I can to take care of her."

Sprengeler said the Native American culture is rich and its origins lie in the history of its people and the United States.

"Currently, there are some two million American Indians that inhabit the United States, less than one percent of the nation's population," he said. "Each tribe has its own origin and story, and each has a unique lifestyle and history. I would urge my fellow brothers and sisters in arms to learn something new about one of these different tribes."

Mississippians maintain

STORY AND PHOTOS BY
CAPT. MURRAY SHUGARS
2ND BN. 198TH COMBINED ARMS

CONTINGENCY OPERATING LOCATION Q-WEST, Iraq — Members of the Mississippi Army National Guard marked their fourth month of maintaining and operating the base defense 17-meter Aerostat balloon Nov. 7 at Contingency Operating Location Q-West, Iraq.

The crewmembers, assigned to A Company, 2nd Battalion, 198th Combined Arms out of Hernando, Miss., with the Base Defense Operations Center — operate in two teams, maintaining the balloon and surveillance 24/7.

The aerostat teams are a key asset of the Base Defense Operations Center, said Maj. Doug Ferguson, operations officer with the 2/198th CAB, 155th Heavy Brigade Combat Team, out of Senatobia, Miss.

"The teams have been vigilant," said Ferguson, a Hernando, Miss., native. "They have been a combat multiplier in the intelligence, surveillance and reconnaissance fight."

Their vigilance helped in numerous missions, said Sgt. Maj. John T. Raines III, operations sergeant major for the 2/198th CAB, a Flowood, Miss., native.

To qualify as crewmembers, the Soldiers underwent 30 days of training on the technology and procedures necessary to operate the balloon, said Sgt. Wesley G. Patrick, noncommissioned officer in charge of B Team.

"The training was pretty thorough," said Patrick, a Southaven, Miss., native. "It doesn't take a genius to fly the aerostat balloon, but it takes a lot of training and skill to operate the (equipment). This is a very technical job. We need to know com-



The 17-meter Aerostat of Contingency Operating Location Q-West secured to its mobile mooring station during a windy night Nov. 2. The aerostat — maintained and operated by crewmembers from A Company, 2nd Battalion, 198th Combined Arms, out of Hernando, Miss., and attached to the Base Defense Operations Center — provides a key element of base defense.



Aerostat crewmember Spc. Steven F. Hahn (right), a Memphis, Tenn., native, stands by the flying sheave, while fellow crewmember Pfc. William C. Williamson, a Seattle, Wash., native, kneels on the mooring station of Contingency Operating Location Q-West, Iraq's 17-meter Aerostat during a hoisting operation Nov. 6. The aerostat crewmembers — all from A Company, 2nd Battalion, 198th Combined Arms, out of Hernando, Miss., with the Base Defense Operations Center — provide a key element of base defense, maintaining the balloon and surveillance 24/7.



Sgt. Wesley G. Patrick (foreground) and Spc. Steven F. Hahn (background) are operating the aerostat balloon at Contingency Operating Location Q-West, Iraq, Nov. 6. The aerostat crewmembers — all from A Company, 2nd Battalion, 198th Combined Arms, out of Hernando, Miss., with the Base Defense Operations Center — provide a key element of base defense, maintaining the balloon and surveillance 24/7.

hawk-eye view of Q-West

puters and electronics.”

The job can be sedate, with tasks such as monitoring the camera systems, but it can also be very physical, he said.

“The aerostat is excellent for base defense surveillance,” said Staff Sgt. John W. Pidgett, NCOIC of A Team and a Horn Lake, Miss., native.

In spite of challenges, all the crewmembers enjoy their job and they are impressed by the technology, he said.

“I love doing this and have learned a lot,” said Pfc. William C. Williamson, a crewmember from Seattle.

“The technology and the science are very interesting and I plan to learn more when I get home. The system is very accurate.”

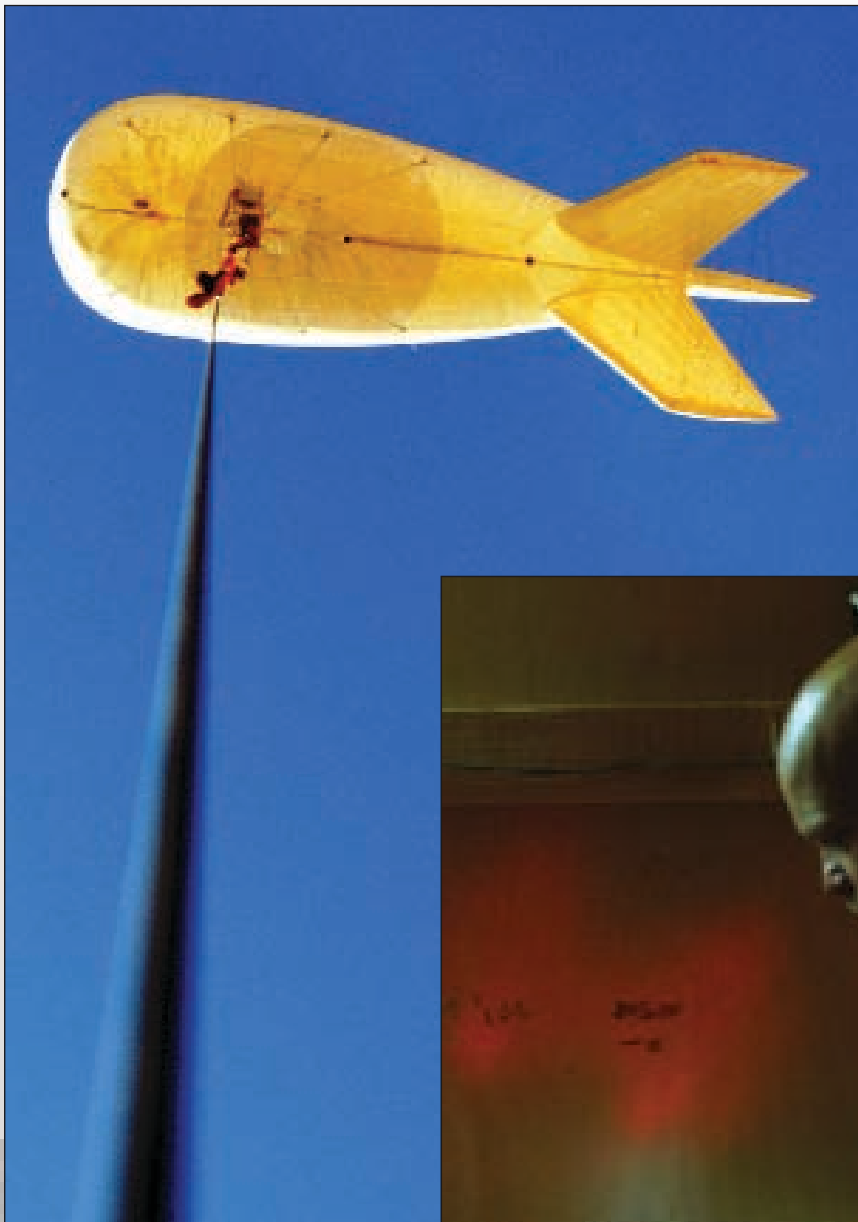
The crew has developed tight-knit bonds in the past months, said Sgt. Joanna J. Brown, assistant NCOIC and computer operator. Previously a supply clerk, Brown said she is glad she does not work alone.

“I like this because I’m working more with other Soldiers,” said Brown, a Columbus, Miss., native. “There’s great camaraderie here, and the two teams have a healthy competition. The Soldiers are well trained and confident. I don’t have to push them to do their jobs.”

Some of the Soldiers enjoy the mission so much that, when they get home, they want to find civilian jobs with companies that provide this technology to the Department of Homeland Security, said Pidgett.

For the present, the crewmembers stay focused on their mission, said Hardy.

“This is an important mission,” he said. “We contribute to the surveillance and security of the base. Just having the balloon up there is a deterrent because it tells the enemy that we are always watching.”



The 17-meter Aerostat at Contingency Operating Location Q-West, Iraq, flies at full tether against a clear, calm sky Oct. 19. The aerostat – maintained and operated by crewmembers from A Company, 2nd Battalion, 198th Combined Arms, out of Hernando, Miss., with the Base Defense Operations Center – provides a key element of base defense.



Staff Sgt. John W. Pidgett (left), noncommissioned officer-in-charge and native of Horn Lake, Miss., examines an array of signal lights used on Q-West's 17-meter Aerostat during an inspection Nov. 7. The aerostat crewmembers – all from A Company, 2nd Battalion, 198th Combined Arms, out of Hernando, Miss., and attached to the Base Defense Operations Center – provide a key element of base defense, maintaining the balloon and surveillance 24/7.



B Team Leader of Q-West's 17-meter Aerostat and a Southaven, Miss., crewmember from Memphis, Tenn., secure mooring lines to the mobile Contingency Operating Location Q-West, Iraq. The crewmembers – all from A Company, 2nd Battalion, 198th Combined Arms, out of Hernando, Miss., with the Base Defense Operations Center – provide a key element of base defense, maintaining the balloon and surveillance 24/7.

Soldiers monitor school's progress

STORY AND PHOTOS BY
SPC. LISA COPE
EXPEDITIONARY TIMES STAFF

CONTINGENCY OPERATING LOCATION ADDER, Iraq – Soldiers with the 36th Sustainment Brigade out of Temple, Texas, visited Al Soonobar School at Jaber Mohamed Village, Iraq, Nov. 18 to deliver school supplies and stuffed animals to roughly 45 students.

Lt. Col. Clinton Moyer, chief of civil operations with the 36th Sust. Bde., has worked with the school's staff and the local community for roughly a year to build a new school.

Moyer, a Clearwater, Kan., native, said it is scheduled to be completed in January 2010.

"We helped with the plans for the new school; we helped get the project approved; and, as far as the actual building of the school, we have an engineer team, the corps of engineers, as the lead for going out and making sure that everything is done correctly," he said. "Once the school got approved and they started building it, we were just kind of the conduit for it."

The new school would facilitate more students at more grade levels and would feature running water and electricity, said Moyer.

"What they have right now at that school is three grade levels, 1st grade, 2nd grade and 3rd grade," he said.

"With the new school they will be able to go up to the 6th grade."

Shaykh Sultan Kataa Jaber Mohamed, of Jaber Mohamed Village, said, through an interpreter, one of the biggest improvements to the area was a gravel road leading to the school.

"The gravel that America put over here to create a new road for them helps the kids a lot because it is about four kilometers to get to here," said Mohamed. "It was so full of mud, they wouldn't be able to do it before. They appreciate what (America) has done."

Mohamed also said he appreciated the help from U.S. Soldiers with building the new school.

"Without American forces, we would never get a new school like that," he said.

SpC. Elizabeth A. Patterson, a supply clerk with the 36th Sust. Bde., and an Austin, Texas, native, visited the Soonobar School for the first time Nov. 18.

Patterson said visiting the school helped her have more of an understanding of the local culture and their way of life. She said she thinks all Soldiers should be given the opportunity to see what life is like outside the base.

Patterson said she was amazed at the difference between the old and new school.

"It is crazy how they are going from a mud school to a school with running water, electricity (and) fans," she said. "I believe that all kids deserve – no matter what country or how bad off they are – they deserve a good education."



Soldiers with the 36th Sustainment Brigade out of Temple, Texas, and the students at Al Soonobar school gather for a group photo Nov. 18 at the school in Jaber Mohamed Village, Iraq.



Lt. Col. Clinton Moyer, the chief of civil military operations with the 36th Sustainment Brigade out of Temple, Texas, walks through the new school building with one of the local children Nov. 18 at Al Soonobar School at Jaber Mohamed Village, Iraq.



SpC. Elizabeth A. Patterson, a supply clerk with the 36th Sust. Bde., and an Austin, Texas, native, holds one of the local children at the Al Soonobar School Nov. 18 at Jaber Mohamed Village, Iraq. The Soldiers visited the school to deliver supplies and toys to the children.



Students at Al Soonobar School greet Soldiers with the 36th Sustainment Brigade out of Temple, Texas, Nov. 18 at Jaber Mohamed Village, Iraq. The Soldiers came to the school to distribute school supplies and stuffed animals to the students, who are scheduled to move into their new school building in winter of 2010.

13th Soldiers learn to prevent discrimination

STORY BY
SGT. RYAN TWIST
EXPEDITIONARY TIMES STAFF

JOINT BASE BALAD, Iraq – Soldiers worked with one another to better understand discrimination, in the Equal Opportunity Leaders Course Nov. 14 through Nov. 20 at Morale, Welfare and Recreation Center east at Joint Base Balad, Iraq.

“The Equal Opportunity Leaders Course is taught so Soldiers will understand that they are entitled to be treated with dignity and respect,” said Sgt. 1st Class Johnnie M. Mitchell, equal opportunity adviser with Headquarters and Headquarters Company, 13th Sustainment Command (Expeditionary) out of Fort Hood, Texas.

“Everyone is equal regardless of race, color, gender, nation origin or religion.”

Mitchell, a Sylvania, Ga., native, said she wants Soldiers to learn more about themselves and existing issues that may go unnoticed. She said effective equal opportunity leaders are the eyes

and ears of commanders, recognizing overt and covert forms of discrimination.

She said she also wants Soldiers to gain a better understanding of the program and prove its effectiveness.

Course instructors use real-life scenarios in the classroom, Mitchell said.

“The exercises that were demonstrated today are depicted as life; these are actual scenarios in the real world,” she said. “Having the Soldiers become someone of a different ethnic background helps them to understand who people really are. It helps to eliminate stereotypes and perceptions.”

Mitchell said instructors use exercises which relate to lower, middle and upper-class society. She said the exercises depict discrimination and power, to make Soldiers decide if they will settle for what life gives them or try to achieve more, regardless of societal influences.

“We also did an exercise teaching the Soldiers about life and how different ethnic groups are afforded more opportunities than some,” said Mitchell.

“We wanted (to) let the Soldiers know that the play-

ing field is not always level. We also ask them what they could do to try and make a change.”

Mitchell said the class acted out a scenario in which the instructors put tape on the floor in the shape of a boat and asked the Soldiers to sit inside. They then voted on who to kick out of the boat, based on characteristics contained on each person’s note card. She said the exercise is a tool the EO office uses to help Soldiers understand not to judge people by their external characteristics.

“Sometimes, we as leaders are quick to judge without knowing the whole story,” said Mitchell. “To be (an) effective EOL, you must know the entire story before you judge a person’s situation.”

Sgt. 1st Class William E. Brown, the training noncommissioned officer with the 90th Sustainment Brigade out of Little Rock, Ark., and a Tucson, Ariz., native, said the class helped him realize that

problems exist that need to be fixed.

He said he plans to establish a successful EO program because situations can arise at any time. He also said the course helped him understand he needs to be an effective listener and taught him what tools are available to him.

“(It has) given me a better understanding of the hard work that is required to deal with the area of equal opportunity, and the knowledge to

succeed,” Brown said.

Mitchell said she encourages all Soldiers in a leadership position to attend.

“I use the tools to be an effective EOA every day, teaching, mentoring and educating Soldiers,” she said.

“The goal is to graduate successfully effective EOLs, so they can go out and be the eyes and ears for the commander and (provide) him (or) her with any EO indicators that they as EOLs may notice.”



Soldiers at the Equal Opportunity Leaders Course, which ran Nov. 14 through Nov. 21, raise their hands to vote another Soldier off of the boat, during a scenario at Morale, Welfare and Recreation Center east at Joint Base Balad, Iraq. The Soldiers were given real-life scenarios to help them understand the prevalence of discrimination.

‘Dirt Boyz’ build up yard to prep for drawdown

STORY BY AIR FORCE
SENIOR AIRMAN
ANDRIA J. ALLMOND
332ND AEW PUBLIC AFFAIRS

JOINT BASE BALAD, Iraq – Airmen with the 732nd Expeditionary Civil Engineer Squadron’s Detachment 6 are not only in the business of pushing dirt, but also in pushing the U.S. military closer to drawdown in Iraq.

The team of Airmen has been tasked to level off a former President Saddam Hussein-era munitions storage area to create a workspace for the restoration of more than 30,000 shipping containers. The containers are slated to transport Multi-National Force–Iraq assets and equipment back to home stations.

“We’re preparing this site – moving thousands of yards of fill, cutting some areas and filling in some others,” said Maj. Karlo Jajliardo, the construction team’s commander. “And when we’re done, we’ll have a yard that’s ready for the contractor to move in, mobilize and start preparing containers.”

“A lot of the containers we have in-country simply aren’t seaworthy, so instead of scrapping them or buying new ones, we can repair these containers to

help the U.S. drawdown efforts – at a much lower cost.”

A brand-new container costs roughly \$5,000 but the cost of repairing one is estimated at \$1,000. By using repaired units instead of buying new ones, the projected savings total more than \$100 million. Before repairs can begin, a dry, solid workspace must be constructed.

The eight to 15 self-titled “Dirt Boyz,” working daily on the roughly month-long project, expect to meet their Nov. 15 deadline.

“It’s not just heavy machinery guys working on this project,” said Tech. Sgt. Orlin Rohde, Det. 6 heavy equipment operator. “We also have plumbers, (heating, air-conditioning and ventilation), structures guys, engineering assistants and vehicle maintainers. We’ve come together as a good team.”

Master Sgt. Robert Carter, noncommissioned officer in charge of the heavy equipment shop, said everybody on the team plays an active role in its total success.

An Iraqi-owned and operated business, Miran Village Company, has a contract with the Army’s

13th Sustainment Command (Expeditionary) to repair the containers, but base officials realized they needed military muscle to get the restoration area ready in time.

“Because of the tight timeline and the need to get these containers repaired to support the responsible drawdown, military engineers were called in,” said Jajliardo. “Using the equipment that we have – provided by the Army and Air Force – in addition to some of the heavy equipment that’s owned by some of the Army companies in Task Force Eagle, we all came together to tackle this very large project.”

“It was military troop labor who could respond fast enough and get the job done.



U.S. Air Force photo by Senior Airman Christopher Hubenthal

Airmen with the 732nd Expeditionary Civil Engineer Squadron prepare the grounds for a new container repair yard Nov. 2 at Joint Base Balad, Iraq.

It’s not that we’re the only ones who can get this done, but we can certainly be there when it’s needed.”

For the deployed engineers, who normally have an outside-the-wire mission working on local contingency operating locations, this project offers up a change from their normal work day. To complete the mission, the Airmen were required to learn new skill sets and broaden their knowledge of other specialties.

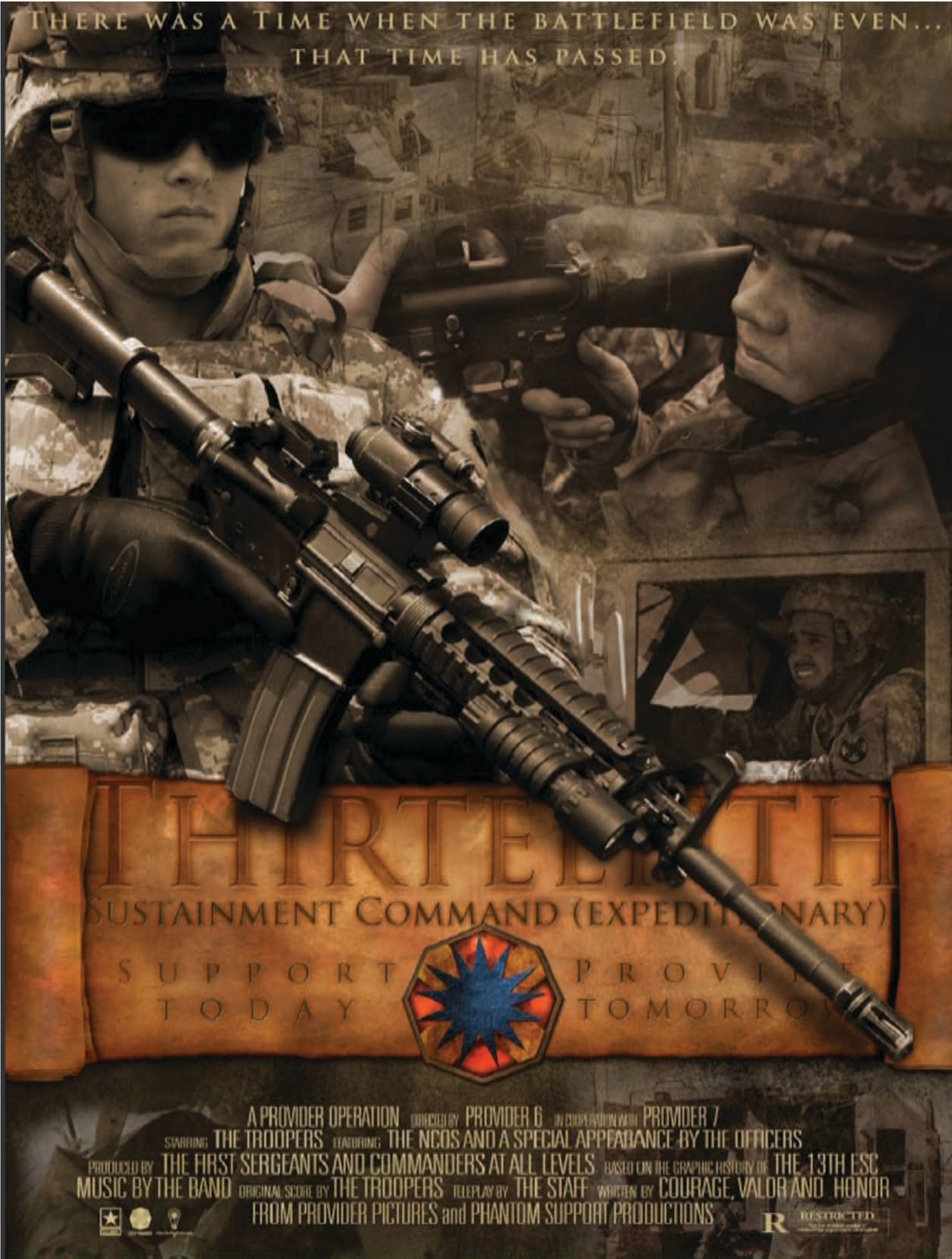
“For a lot of the younger guys, they normally don’t get experience on the bigger equipment and on the bigger projects,” said Rohde. “This (might be) their first time ever using the machinery, or they may be doing a totally different job than they’re used to. Usually, you don’t get the big aspect of a job, building something from the ground up.”

“It’s training and a job that’s going to impact a whole country and the whole military in getting us out of Iraq.”

Carter said big-picture impact is definitely something the CE Airmen keep in mind.

“Naturally, we feel a bit closer to the tip of the spear, so to speak,” he said. “Later on, down the line, when these guys start talking about the drawdown to their kids or their grandkids, they can say they were part of making history. They were a part of making that happen.”

THERE WAS A TIME WHEN THE BATTLEFIELD WAS EVEN...
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Combat strategies at the Burnout Battlefront Pt. 2

BY MARK GORKIN
"THE STRESS DOC"



Today's world is 24/7, wired and always on and often cycling between upgrading and reorganizing—if not outsourcing and downsizing. And as company mantras become "do more with less," it's no surprise that more and more people are struggling with job stress and burnout.

Four 'R's of Burnout Recovery

Running – Get moving with 30-40 minutes of exercise, such as jogging, brisk walking, cycling or swimming, which will get those disposition-enhancing endorphins pumping. The chemical influx helps slow a racing mind and helps lift a sluggish mood. There's a beginning and end point for a tangible sense of control and accomplishment. Your routine becomes a success ritual fueling burnout recovery.

Reading – Turn to humorous novels or cartoon books to add some absurdity, if not levity, to your perspective. Hearty laughter also releases endorphins, giving vital organs a brief but vigorous internal massage.

Retreating – Take time to reflect on this ego- and identity-shattering experience and answer some of the big, existential questions: What are my skills, gifts and talents? What are my emotional, knowledge and learning gaps? The blank canvas is scary—but also exciting. To paraphrase poet Walt Whitman: Follow the open road and discover or recover your soul.

Writing – Research indicates that taking the time to express and analyze your emotions through writing provides a stress-relieving anchor in a stormy, troubled sea. Reflective writing can also be a source of self-discovery—a tool for your healing, understanding and action.

Shake Things Up

Rebuilding may involve shaking up the personal-professional puzzle, exploring anew or even returning to one's passionate roots. This might include job or career path changes.

- Restructure current roles and responsibilities; work in another department or division.
- Take a sabbatical or travel.
- Consult independently or work for a foundation, an association or an institute.
- Go back to school to pursue a heartfelt interest, or even return to the classroom as an educator.
- Go into business for yourself or, if you're self-employed and running on empty, join a company.
- Recover a previous creative pursuit and turn it into a career path or, perhaps, balance a job with a passionate hobby.
- Pursue a different professional setting or field or a new geographical location.

Burnout Prevention Strategies

Burnout evokes an experience of loss—from loss of control or abandoning a cherished goal to a sense of helplessness and hopelessness. However, wrestling with loss often yields renewed energy and transitional possibilities.

To reduce chronic stress and prevent burnout, the Stress Doc prescribes natural **SPEED**.

Sleep – While recent research questions the health benefits of excessive sleep (more than eight hours) a pattern of less than six hours for most people yields a loss of mental sharpness. Also, sleep research supports brief napping (10 to 40 minutes) during the day for mind-body rejuvenation.

Priorities – Focus on the essentials when trying to be productive. To meet expectations and to achieve goals, it's often vital to establish limits and set boundaries. Learn to say no and to negotiate. Tactfully yet assertively discuss what's urgent versus what's important.

Empathy – Listening to or supporting others can be stress relieving, just make sure the shoulder lending is not a one-way transaction. At work and/or in your home life, have at least one stress buddy with whom you can let your hair down.

Exercise – The benefit of regular exercise is both physical and psychological. Thirty minutes of vigorous activity releases endorphins—natural mood enhancers and pain relievers in the brain.

Diet – A diet high in saturated fats (red meat, high-fat dairy) and simple sugars (sodas, cookies and excessive chocolate) induces drowsiness and mental torpor, not to mention clogged arteries.

And too much alcohol and caffeine is a roller coaster headache—moodiness or depression often follows aggression and agitation.

Balancing protein, fruits and vegetables, complex carbs, grains, nuts and plenty of water is vital for optimal energy and alertness along with cardiovascular health.

Psychological hardiness is a concept developed by Dr. Suzanne Kobasa and her research team while studying the health of AT&T executives during the stressful breakup of "Ma Bell." Some execs were having a hard time physically and emotionally, while others were coping effectively with the transitional storm. The hardest executives demonstrated what I call the four C's of psychological hardiness.

Commitment – While not happy about the major restructuring and resulting turbulence, the hardest executives did not give up; they were determined to do quality work. They also had a life outside the office and received support from family, friends, colleagues and spiritual activities, as well as from hobbies. Hobbies allow you to take time out and to stimulate and nurture yourself.

Control – The hardy execs also had a realistic sense of control and less rigid need to wield it. They understood the necessity of giving up some turf positions and status posturing. Letting go of your cherished territory often provides a new vantage point for strategically surveying the emergent big picture.

Change – The hardy individuals had a realistic attitude toward change. For them, change was a natural part of life, not something to be resisted. Even when facing unpleasant or unhappy changes, they quickly grappled with their emotions. They grieved the loss of their familiar world, and then prepared themselves for the new or unknown. With this enlightened perspective, change was more a stepping-stone than a stumbling block.

Conditioning – Finally, the most hardy of the execs engaged in regular aerobic exercise or physical conditioning. Why is it so critical? As we've seen, not only does exercise help you stay fit, manage your weight and improve your cardiovascular health, but it also releases mood-lifting endorphins, a good antidote to mild feelings of agitation and/or depression. Also, when everything's up in the air—you can't seem to close any projects or sales or meet elusive deadlines—structured exercise provides a self-defined beginning and endpoint.

When you add natural **SPEED** to your routine and emulate the hardest executives, you will have established a work world and a lifestyle that is balanced, has boundaries and also is bursting with energy. You have an awareness and action plan that prevents stress smoke signals from smoldering and erupting into that burnout fire. You will have truly learned how to practice safe stress!

Mark Gorkin, MSW, LICSW, "The Stress Doc"

™, a licensed clinical social worker, is an acclaimed keynote and kickoff speaker and "motivational humorist" known for his interactive, inspiring and fun speaking and workshop programs. In addition, Gorkin is a team building and organizational development consultant for a variety of government agencies, corporations and non-profits. Gorkin is an Adjunct Professor, Northern Virginia Community College and is leading "Stress, Team Building and Humor" programs for the 1st Cavalry and 4th Infantry Divisions, out of Ft. Hood, Texas and Fort Leonard Wood, Mo. A former stress and conflict consultant for the U.S. Postal Service, Gorkin is the author of "Practice Safe Stress" and of "The Four Faces of Anger." See his award-winning, USA Today Online "HotSite" – <http://www.stressdoc.com> – called a "workplace resource" by National Public Radio. For more info on Gorkin's "Practice Safe Stress" programs or to receive his free e-newsletter, e-mail stressdoc@aol.com or call 301-875-2567.

Mr. Mark Gorkin's views are not necessarily those of the Department of Defense and the inclusion of this article is not meant in any way as an endorsement of his services.



Tune in to 'Balad and Beyond' Telling the Providers' story from around Iraq

Now airing on the Pentagon Channel:
Thursdays at 8:30 a.m. and Saturdays at 2:30 p.m.

Security Airmen serve, defend base

STORY BY AIR FORCE
SENIOR AIRMAN
ANDRIA J. ALLMOND
332ND AEW PUBLIC AFFAIRS

JOINT BASE BALAD, Iraq – All Airmen are responsible for protecting against terrorism but the 332nd Expeditionary Security Forces Squadron Airmen have it down to a science – through random anti-terrorism measures.

“All service members on base execute RAMs to a certain degree,” said Tech. Sgt. Thomas Williamson, 332nd ESFS noncommissioned officer in charge of operations support.

“But when Air Force security forces do RAMs, we go above and beyond.”

The measures are designed to consistently change the look of an installation’s force-protection plan.

As part of a Department of Defense-wide program, the procedures aim to defeat surveillance attempts and make it difficult for terrorists to accurately predict the actions of their intended targets.

“We go to varying locations at different times of day,” said Senior Airman Anthony Gist, 332nd ESFS patrolman.

“The part that makes this work is the unpredictability of where and when we will be doing them.”

The 332nd ESFS patrol-

men, who focus on inside-the-wire threats, include mitigation techniques in their antiterrorism endeavors.

One form of mitigation is transfrisking – running a handheld metal detector alongside a person to identify concealed contraband objects.

Another mitigation technique is a biometrics systems check, which uses technology to match identification-card holders with their fingerprints.

“We’re making sure people are who they say they are,” said Gist. “We don’t want people portraying to be someone they’re not by having another person’s I.D. card.”

Williamson, who has worn

the security forces badge for 13 years, said the measures work to reaffirm base directives.

“Basically, we’re ensuring that people are staying honest and doing what they are supposed to be doing on the installation,” he said.

“They know what they’re supposed to have. They know what they’re not supposed to have. We just keep them honest.”

Although Air Force security forces hold down the fort, they still rely on help from their comrades.

Senior Airman Rodney Creekmore, 332nd ESFS patrolman, cites the practice of operational security as a way all Airmen can assist security forc-

es in maintaining base safety.

“We all have to remain cognizant of what we talk about out loud,” he said.

“This is especially true around non-military personnel.”

Withholding information at certain times is crucial to OPSEC, but it is just as important for Airmen to know when it is time to pass information to the right people.

“Every Airman has the responsibility to call security forces if they see something out of the ordinary,” said Williamson. “Although there are enough cops here to do air base defense, we can’t be everywhere at every time. Just like it’s been said, every Airman is a sensor.”

Fall weather brings Powder Puff football to Balad

STORY AND PHOTO BY
SGT. JOHN STIMAC
EXPEDITIONARY TIMES STAFF

JOINT BASE BALAD, Iraq – Football season is well underway and the cheers and roars on Friday and Saturday nights at Joint Base Balad, Iraq, belong to the women.

The Headquarters and Headquarters Company, 13th Sustainment Command (Expeditionary) Soulja Girlz is

one of 10 Powder Puff football teams that play twice a week at JBB.

Spc. Chanell Shropshire, supply clerk with the 13th ESC and a Jacksonville, Fla., native, said she and Cpl. Mariah L. Robins put the team together.

“We sent out a mass e-mail for anyone in the 13th ESC that wants to play,” said Shropshire.

“If someone doesn’t have a team, they can play with us or any of the other teams as well.”

She said civilians are also

allowed on the teams.

Shropshire said it is too late to sign up now, but another season may be in the works due to the success and positive response to this year’s season.

According to JBB’s flag football Web site, the rules follow the general guidelines of flag football.

It is designed to be a game of speed, skill, ability and cunning, not a physical, pounding or pushing game.

Good sportsmanship and fair play is of utmost importance and should be exercised

at all times, said the site.

Shropshire said she enjoys the games because they relieve stress.

“This gives females an opportunity to play and it is something different than the usual female sports they offer here,” said Shropshire.

She said she believes this is the first Powder Puff football season here.

Robins, a supply specialist with the 13th ESC and a New Iberia, La., native, said the experience has been good for her so far.

She said on her last de-

ployment, she did not play any sports.

“Lots of companies in the past did not participate and there was really nothing else to play besides basketball for females,” she said. “I’ve seen them try to get flag football for females going before and this time they actually stuck with it.”

“This is something different to get our minds off of all the stresses at work and it’s also a chance to meet new people from the other units as well.”

Robins said sometimes the games get competitive.

“I think we need a little bit of that on the field,” she said. “It makes it exciting and adds to the game. Overall, everybody out here shows good sportsmanship.”

The main reason they are out there is to have a good time, Robins said.

“I am happy that people are coming out here to support us,” she said.

“We have gotten some unexpected visitors and I hope more people come out to support us in the future.”

The Soulja Girlz, the Headquarters and Headquarters Company, 13th Sustainment Command (Expeditionary)’s Powder Puff football team, set out to defend the opponent’s passing attack, during the game Nov. 14 at Joint Base Balad, Iraq. The Soulja Girls were playing against the 402nd Army Field Support Brigade team in a regular season game.



Sudoku

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

Last week's answers

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

Level: Medium

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

TEST YOUR KNOWLEDGE

1. What English King introduced death by boiling and legalized the killing of gypsies?
2. What Ohio city was the 1995 Bosnian peace accord signed in?
3. Who was the youngest man to chair the Joint Chiefs of Staff?
4. What network did U.S. troops in the Gulf War dub “Scud-a-vision?”
5. What former secretary of state noted: “The illegal we do immediately. The unconstitutional takes longer?”
6. In “Way of the Dragon” who starred along side Bruce Lee?

1. Henry VIII. 2. Dayton. 3. Colin Powell. 4. CNN. 5. Henry Kissinger. 6. Chuck Norris.

JB BALAD WORSHIP SERVICES

TRADITIONAL - Sunday		MASS - Saturday	
0200 Air Force Hospital Chapel	0930 Provider Chapel	1700 Gilbert Memorial Chapel (H-6)	
1030 Freedom Chapel (West side)	1100 Castle Heights (Bldg. 7562)	2000 Freedom Chapel (West Side)	
1400 Air Force Hospital Chapel	1730 Gilbert Memorial Chapel (H-6)	Sunday	0830 Gilbert Memorial Chapel (H-6)
2000 Air Force Hospital Chapel		1100 Provider Chapel	1100 Air Force Hospital
GOSPEL - Sunday		Thursday	1100 Air Force Hospital
1100 MWR East Building	1200 Freedom Chapel (West Side)	Mon., Wed., Fri.	1700 Gilbert Memorial Chapel (H-6)
1230 Gilbert Memorial Chapel (H-6)		Monday-Friday	1130 555th Engineer Bde. (Bldg. 7200)
1900 Provider Chapel		JEWISH SHABBAT SERVICES- Friday	
CONTEMPORARY- Sunday		1700 Gilbert Memorial Chapel (H-6)	
0900 Chapel- Next Iraq/MWR East		Saturday	0930 Gilbert Memorial Chapel (H-6)
1030 Gilbert Memorial Chapel (H-6)		1700 Gilbert Memorial Chapel (H-6)	
1400 Castle Heights (Bldg. 7562)	1900 Freedom Chapel (West Side)	ISLAMIC PRAYER - Friday	
Wednesday	2000 Gilbert Memorial Chapel	1230 Provider Chapel	
LITURGICAL (Episcopal, Anglican, Presbyterian) - Sunday		PAGAN/WICCAN FELLOWSHIP - Thursday	
1700 Provider Chapel		1900 The Shack	
SEVENTH DAY ADVENTIST - Saturday		Saturday	1900 The Shack
1000 Provider Chapel		GREEK ORTHODOX - Sunday	
CHURCH OF CHRIST - Sunday		0900 Provider Annex	
1530 Castle Heights (Bldg. 7562)		FOR FURTHER INFORMATION PLEASE CALL:	
LATTER DAY SAINTS (MORMON)- Sunday		Gilbert Chapel: 443-7703	
1300 Provider Chapel	1530 Freedom Chapel (West side)	Provider Chapel: 433-2430	
1900 Gilbert Memorial Chapel (H-6)		Freedom Chapel: 443-6303	

JB BALAD ACTIVITIES

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

UPCOMING SPORTS ON AFN



Wednesday 11/25/09

- College Men’s Basketball: Maui Invitational Teams TBD, Live 3:00 a.m. AFN|sports
- College Football: Ball State @ Western Michigan, Live 3 a.m. AFN|xtra
- NFL Live: Teams TBD, Live 12 a.m. AFN|sports

Thursday 11/26/09

- NFL: Green Bay Packers @ Detroit Lions, Live 8:30 p.m. AFN|sports
- NBA: Miami Heat @ Orlando Magic, Live 3:30 a.m. AFN|sports
- NHL: St. Louis Blues @ Dallas Stars, Live 4:00 a.m. AFN|sports
- NHL: Chicago Blackhawks @ San Jose Sharks, Live 6:30 a.m. AFN|xtra
- 2009 AMA Motocross Championship: Steel City, Tape Delayed 9 a.m. AFN|xtra

Friday 11/27/09

- NFL: Oakland Raiders @ Dallas Cowboys, Live 12 a.m. AFN|sports
- NFL: New York Giants @ Denver Broncos, Live 4 a.m. AFN|sports
- College Football: Texas @ Texas A&M, Live 4 a.m. AFN|xtra
- NBA: Chicago Bulls @ Utah Jazz, Live 7 a.m. AFN|xtra

Saturday 11/28/09

- NBA: Washington Wizards @ Miami Heat, Live 3 a.m. AFN|xtra
- NBA: Phoenix Suns @ Minnesota Timberwolves, Live 5:30 a.m. AFN|xtra
- NHL: Dallas Stars @ Phoenix Coyotes, Live 5 a.m. AFN|prime pacific
- College Football: Nevada @ Boise State, Live 6 a.m. AFN|sports

Sunday 11/29/09

- NFL: Teams TBD, Live starting at 8 p.m. AFN|xtra, AFN|sports, AFN|prime atlantic
- NHL: Chicago Blackhawks @ Los Angeles Kings , Live 7 a.m. AFN|xtra

Monday 11/30/09

- NBA: Houston Rockets @ Oklahoma City Thunder, Live 3 a.m. AFN|xtra
- NFL: Pittsburgh Stelers @ Baltimore Ravens, Live 4:15 p.m. AFN|sports
- NBA: New Jersey Nets @ Los Angeles Lakers, Live 5:30 a.m. AFN|xtra

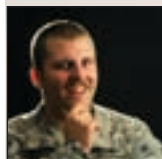
Tuesday 12/1/09

- NFL: Buffalo Sabres @ Toronto Maple Leafs, Live 3 a.m. AFN|xtra
- NFL: New England Patriots @ New Orleans Saints, Live 4:30 a.m. AFN|sports
- NBA: Indiana Pacers @ Golden State Warriors, Live 6:30 a.m. AFN|xtra

Arts & Entertainment

Darker, more fantastic 'Christmas Carol'

BY SGT. JAYSON A. HOFFMAN
EXPEDITIONARY TIMES STAFF



Robert Zemeckis' animated film, "A Christmas Carol," is filled with dark themes and fantastic flights through time that make

Ebenezer Scrooge's transformation from a dark, old miser who scares children into the epitome of Christmas spirit all the greater.

It may be frightening for small children, but it contains all the elements we come to expect from the Charles Dickens' classic.

I am a Christmas junkie. I love the music, the decorations, the food, the attitude and even giving my nieces and nephews presents that in no way match the Wii that Santa – my sister – gave them. I love

it all, and I am a fan of practically every version of "A Christmas Carol," from the first Disney production starring Mickey Mouse and Scrooge McDuck to the Patrick Stewart made-for-TV version and let's not forget the time Michael Caine teamed up with Jim Henson's Muppets in a classic musical version of the story, also a Disney production.

Needless to say I am a bit biased toward this story, but this latest Disney creation of the tale sticks surprisingly close to the words Dickens wrote back in 1843. The dialogue remains faithfully true to the novella.

Jim Carrey, who provides the voice of Ebenezer Scrooge as well as all three of the story's time-traveling ghosts, does a fantastic job with the voice-overs. He is zany and cartoony when the story calls for it and dreadfully frightening when Scrooge is at his most miserly.

There are also great voice-overs from Bob Hoskins ("Who Framed Roger Rabbit") and Robin Wright Penn ("Forrest Gump"), but it was Gary Oldman ("The Dark Knight") who really moved the audience with his Bob Cratchit. The emotion he shows when talking about his son Tiny Tim is heart-wrenching.

The performance-capture animation Zemeckis filmed this movie with is leagues better than his previous films "The Polar Express" and "Beowulf." The lifeless eyes of the characters many moviegoers complained about weren't an issue in this film.

As a self-declared Christmas buff, I loved the music in this film. There were several Christmas classics, but they were fantastically intertwined with dark haunting music foreshadowing interactions with the ghosts.

Speaking of the ghosts, they were great.

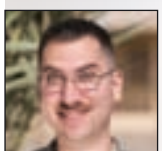
The ghost of Marley was frightening and humorous. He very much reminded me of the ghosts from Peter Jackson's "The Frighteners," which, interestingly enough, was produced by Robert Zemeckis.

The Ghost of Christmas Past was childlike and rather creepy. The Ghost of Christmas Present was jolly and joyous, yet commanding, and the Ghost of Things Yet to Come was by far the scariest incarnation of the character ever set to film. They added greatly to the conversion of Scrooge's character.

This is not my favorite version of this classic tale but it is up there at the top. I will always choose "Mickey's Christmas Carol" or the brilliant Bill Murray's "Scrooged" before I choose this one, but I will also add this version to my list of Christmas classics I watch once a year and I suggest you do the same if you're a fan of this classic tale.

'John Adams' an HBO miniseries on DVD

BY STAFF SGT. JOEL F. GIBSON
EXPEDITIONARY TIMES STAFF



Transporting you to colonial America is perhaps what "John Adams," a miniseries from HBO, does best.

Based on the book of the same name by John McCullough, historical intricacies and spectacular acting by Paul Giamatti, Laura Linney and pretty much the entire supporting cast make for riveting viewing.

There seems to be a dearth of films on the founding fathers, and I think that lends to a very sterile viewpoint on the subject by a lot of people.

I know I always used to think of

the American Revolution as a group of landed gentry in powdered wigs all vehemently agreeing to declare independence from Great Britain in a sweltering Philadelphia courthouse.

"John Adams" highlights quite a few difficulties the title character had, especially in convincing delegates from colonies outside of New England that war with England was both necessary and the best course of action for the oppressed people living across the Atlantic Ocean from their governing body.

One detractor from this series is the emphasis on negative events. From one episode to the next there seems to be very little in the way of anything but conflict between Giamatti's

Adams and everyone else – early on with the Continental Congress, later with the French and Dutch court during Adams's time as a diplomat, and finally with the U.S. Congress as vice president and later president.

Aside from some minor gaffes, I didn't notice very much in the way of historical inaccuracy.

The most egregious instance, however, was Adams' trip to Europe aboard the frigate Boston, during which the film portrayed a naval battle against a British ship in which an officer on the American ship was killed.

Boston's only action during the actual crossing was to take a slow sailing British privateer with no cannon

fire striking either craft and indeed not a single casualty.

Aside from the Atlantic crossing, the historical accuracy can at times be startling, especially shown on the teeth of the older gentlemen. I have to say the filth was a bit distracting and its ever present quantity made me want to go brush my own teeth every time someone smiled.

Anyone with an interest in the history of the beginning of our nation and a desire to learn a great deal about one of the lesser known founding fathers would do well to pick up this boxed set.

Seven one-hour episodes left me wanting more. Overall, I give "John Adams" an eight out of 10.

CLASSIC PVT. MURPHY



Sustainer Reel Time Theater

Wednesday, Nov. 25

5 p.m. The Invention of Lying
8 p.m. 2012

Sunday, Nov. 29

2 p.m. Planet 51
5 p.m. Couples Retreat
8 p.m. Twilight: New Moon

Thursday, Nov. 26

5 p.m. Twilight: New Moon
8 p.m. Planet 51

Monday, Nov. 30

5 p.m. Twilight: New Moon
8 p.m. Pandorum

Friday, Nov. 27

2 p.m. I Can Do Bad All By Myself
5 p.m. Twilight: New Moon
8:30 p.m. Planet 51

Tuesday, Dec. 1

5 p.m. TBD
8 p.m. TBD

Saturday, Nov. 28

2 p.m. Chance of Meatballs
5 p.m. Planet 51
8 p.m. Twilight: New Moon

Wednesday, Dec. 2

5 p.m. TBD
8 p.m. TBD



PHOTOS AROUND IRAQ



U.S. Navy photo by Mass Communication Specialist 1st Class Carmichael Yepes

An Iraqi Federal Police officer talks with students after they received new backpacks, at an all-girl elementary school in Shuhada, a neighborhood of Mosul, Iraq, Nov. 11. U.S. Soldiers with the 1st Battalion, 1st Mosul Brigade, 3rd Federal Police Division, Transition Team, visited the school to distribute more than 250 backpacks during a joint humanitarian-aid mission with Iraqi Federal Police officers.



U.S. Air Force photo by Staff Sgt. Daniel St. Pierre

Soldiers with the 1st Iraqi Army and U.S. 2nd Battalion, 504th Parachute Infantry Regiment, 1st Brigade Combat Team, 82nd Airborne Division, load onto a CH-53 Sea Stallion during a static loading exercise Nov. 15 at Camp Ramadi, in western Iraq. Members of the U.S. Army, Marine Corps and Iraqi Army train together loading and unloading Sea Stallions to prepare for upcoming missions.



U.S. Army photo by Spc. Ernest E. Sivla III

Staff Sgt. Richard Thompson, from Waterford, Wis., with the 393rd Tactical Psychological Operations Company, 16th Psychological Operations Battalion, talks with Gharraf Police officers Nov. 14, in Gharraf, Dhi Qar, Iraq. The engineers conducted safety inspections at a local school.



U.S. Air Force photo by Staff Sgt. Daniel St. Pierre

Soldiers with the 1st Iraqi Army and U.S. 2nd Battalion, 504th Parachute Infantry Regiment, 1st Brigade Combat Team, 82nd Airborne Division, offload a CH-53 Sea Stallion during a static loading exercise Nov. 15. at Camp Ramadi, in western Iraq.

Local children hold their new soccer balls and wave to U.S. Soldiers from B Battery, 113th Field Artillery Battalion, 30th Heavy Brigade Combat Team, and Iraqi Soldiers, who delivered water filtration systems Nov. 8 to local residents in Al Buaytha, near Baghdad.



U.S. Air Force photo by Staff Sgt. Michael Wykes

NEWS AROUND IRAQ

US forces give aid to 8 Iraqis after accident

SALAH ad-DIN PROVINCE, Iraq – One Iraqi died and eight others were injured after their vehicle crashed at roughly 8:30 a.m. Nov. 12 near Tuz.

Several 4th Infantry Brigade, 1st Infantry Division Soldiers, who were on patrol at the time of the accident, stopped their patrol and rendered assistance by evacuating the Iraqis from the car and providing medical treatment.

Due to the severity of their injuries, two Iraqis were transported to Contingency Operating Location Bernstein, a local U.S. military base, by ground assets and later evacuated by helicopter to the Kirkuk Military Hospital at Contingency Operating Location Warrior.

Iraqi medical personnel evacuated the remaining six injured Iraqis by ambulance to an Iraqi hospital.

The U.S. Soldiers who witnessed the accident, said the vehicle was traveling in the opposite lane of the patrol when it veered out of control, flipped several times and crashed into a ditch.

Program management review helps Iraqis

BAGHDAD – Fifty Foreign Military Sales case management specialists from the United States flew to Baghdad to conduct the first Program Management Review conference held in Iraq.

The Multi-National Security Transition Command – Iraq and the Defense Security Cooperation Agency co-hosted the gathering from Oct. 31 to Nov. 5.

The conference was organized to bring case managers and Iraqi customers together to review purchase cases from the United States via the FMS program. There are more than 130 Iraqi FMS cases presently being administered, including the purchase of military articles such as tanks, ships, airplanes, helicopters, and their respective training and sustainment requirements.

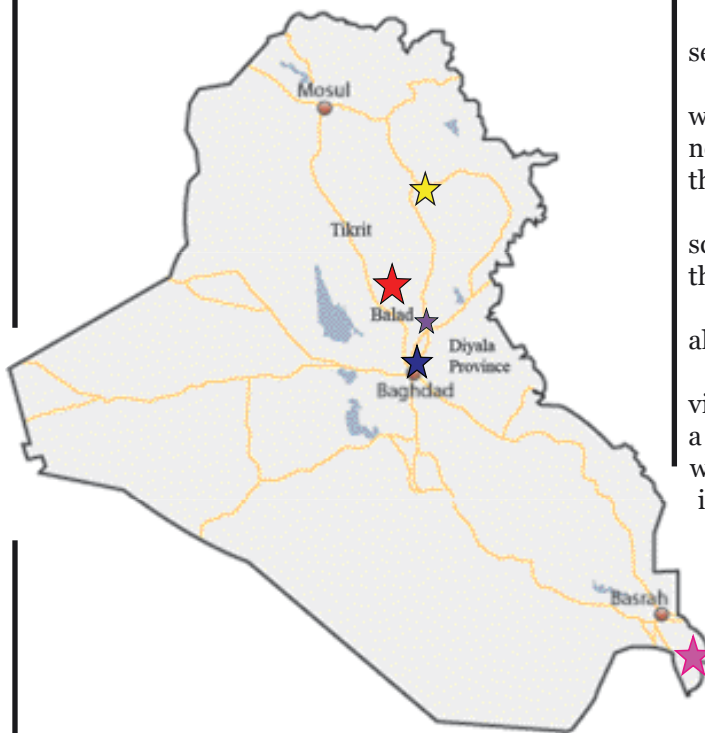
The face-to-face discussions allowed customers from the Iraqi security ministries specializing in FMS, to identify and resolve problems with their purchases as early as possible.

A goal of the conference was to develop enduring capacity in the ministries through FMS educational seminars that examined all aspects of the FMS process.

“Iraq is one of only two nations out of 120 that is purchasing equipment through the FMS program during a U.S. contingency operation,” said U.S. Air Force Brig. Gen. Craig S. Olson, director of the Iraq Security Assistance Mission.

“This program is corruption free and is run with no financial cost or profit accruing to the United States.

“The major difference between FMS in Iraq and all but one other FMS program elsewhere in the world is that there is a war going on here. But even though FMS was not designed to be used in contingency operations, we have discovered that FMS is working very well just the same. It is helping enhance security in Iraq and trust in the U.S.-Iraq partnership.”



Engineers give Kirkuk Library facelift

KIRKUK, Iraq – The Kirkuk Public Library is receiving a facelift designed to highlight the building's 72-year heritage while hiding modern amenities, according to the managing partner of the project the U.S. Army Corps of Engineers, Gulf Region District.

The \$453,000 project, funded through the U.S. Army Commander's Emergency Relief Fund, calls for complete renovation of the library's existing electrical system, plumbing and heating plant, installation of an air conditioning system, and renovation of interior spaces.

“For centuries, Iraq's libraries and universities were renowned for their early collection of reference materials, writers, artists, scientists and poets,” said Rizgar Jan, the Kirkuk Resident Office project engineer for the library renovation. “Even today Iraqi writers, artists, scientists and poets are still among the academic leaders in both the Arab world and throughout the middle east. In the past decade, because of the security concerns, the Iraqi educational community and libraries have suffered due to lack of funding.”

Jan said the Kirkuk Library suffers from both age and neglect, and was also damaged during a terrorist attack. He said USACE, the local government and the community have joined together to return the building to its former stature as a pillar of the community.

“We envision the new library as an oasis of knowledge, where all the various ethnic groups that make up the Kirkuk region can visit and rejuvenate their love for reading,” he said.

Specific renovations to the library include removing the utility poles in front of the main structure and burying the electrical wires to add a more esthetic appeal to the building.

All of the old hanging florescent lights throughout the library are being removed and modern flush lighting fixtures are being installed in the ceilings.

Interior and exterior renovations include repairing the walls, stripping the countless layers of paint from the windows and doors and repainting the interior with earth-tone colors to match the outdoor color

scheme. The exterior stone walls will be acid-washed and repainted.

The plans also call for aesthetic steel and solid wood security doors at the entrance and exit points.

The library will also have a modern high-speed wireless Internet network installed to provide connectivity to the reading room, administrative offices, the research library and the patio.

The library grounds will be professionally landscaped to include a gravity-fed irrigation system for the plants on the patio.

A modern motion sensor security alarm system is also included in the design plans.

To sustain the library system in Kirkuk, the Provincial Reconstruction Team is working to organize a training program for the librarians in cooperation with the American Library of Congress and the American Library Association.

The Baghdad-based Ayon Al-Saba Company is the general contractor for the renovation project. The renovation of the library is scheduled to be completed in the Spring of 2010.

USACE in Iraq has completed thousands of reconstruction projects in partnership with the U.S. government and the Government of Iraq.

Since 2004, USACE has completed more than 5,250 projects throughout Iraq, valued at more than \$9.2 billion, and has 350 projects ongoing.

Dignitaries visit police college students

BAGHDAD – The Baghdad Police College demonstrated its course of instruction to visiting dignitaries here.

After raising the Iraqi national flag over the BPC headquarters, the students assembled in nearby bleachers for instruction on how to protect dignitaries, an essential skill for many who will go on to work in dignitary protection jobs after graduation. The students also work very hard practicing martial arts, handling weapons and building unit discipline through extensive drill and ceremony exercises.

The dean of the BPC, Maj. Gen. Riyadh Abdul Baqi Salman, came to the BPC as a student in 1981.

“The training was tough; we ran everywhere we went,” he said. “Today as a direct result of our human rights training and our democratic ideals, we treat our students with respect and dignity while keeping the training tough.”

U.S. Army Col. Randy Twitchell, director of the ITAM-Police BPC-Training Team, said their work revolves around confidence and trust.

“Although the Iraqis have a very solid program here, if we make a suggestion on training issues, it's that trust and respect that we have with our Iraqi counterparts that will determine how successful we are in getting those ideas implemented,” Twitchell said.

Class leader Hayder Abass said the best part of the police training for him was the sports and exercise. He said he enjoys keeping physically fit and, as class leader, promotes fitness for all his fellow students.

“I would like to stay and teach at the BPC when I graduate here,” he said.

Iraqi Police Col. Sabah is one of a group of MoI personnel traveling to the United States with Twitchell to see how U.S. civilian police forces and military police forces operate.

“I am looking forward to going to America and

learning more skills that I can bring back here and implement into our curriculum,” Sabah said.

Instructors and cadets of the Baghdad Police College face a challenging future, Sabah said. First they must overcome the challenge of the rigorous training, learn it, absorb it and live it, he said.

After graduation, they will be out on the streets of Iraq, protecting its citizens and working toward that peace and stability that is desperately needed for Iraq to succeed, he said.

“Students are demonstrating that they take their responsibility seriously,” he said.

Engineers complete Taji aviation facility

 TAJI AIR BASE, Iraq – The Iraqi Air Force has been in a rebuilding mode since the fall of former Iraqi President Saddam Hussein.

At its peak, Iraqi airpower boasted more than 950 aircraft. Millions of dollars of military aircraft were destroyed, abandoned or fell into disrepair following the war.

The U.S. Army Corps of Engineers is involved in military reconstruction projects in Iraq designed to revitalize the Iraqi Air Force. Two projects recently completed were the Aerospace Equipment Maintenance Facility and 1,200-man barracks complex at Taji Air Base.

At a formal ribbon cutting ceremony Nov. 4, marking the completion of the two projects, U.S. Air Force Lt. Col. Steve La Casse, officer in charge of the USACE Baghdad Area Office, said work is ongoing to strengthen the Iraqi Air Force.

“The U.S. Army Corps of Engineers looks forward to continuing this partnership as we construct more facilities at Taji to include the MI-17 helicopter hanger and air traffic control tower that continue to improve the capability of the Iraqi Air Force,” La Casse said.

Brig. Gen. Nadhim Lafta, commander of Taji Air Base, said the projects show the commitment of the United States to support Iraqi armed forces.

“These two projects demonstrate that the United States does care about the Iraqi Air Force, the Iraqi people and its mission to defeat terrorism,” Lafta said.

Air Force Maj. Gen. Robert C. Kane, commanding general of the Coalition Air Force Transition Team, Baghdad told the guests at the ribbon cutting the building is a representation of the mechanics that will be working on the aircraft and the flight crews that fly the helicopters.

“It’s not the building or what it will look like in two to three years, it’s the airmen as we look to the future,” Kane said. “The aviation schools here at Taji emphasize that commitment [to the Iraqi Air Force] and this is where we need to be focused.”

Aviation maintenance includes the ground power units that provide electrical power to aircraft while on the ground, the maintenance stands, tow-trailers and tow bars used to move aircraft.

The 750-square-meter ground maintenance facility provides a modern maintenance shop for crews to both repair and store vital flight line aviation equipment.

The new facility contains a drive through main bay, maintenance shop spaces, storage rooms and administrative office space.

The \$5.5 million barracks project involved the construction of four dormitories to accommodate 1,200 Iraqi Air Force personnel stationed at Taji. The dorms were built to house Airmen in two, three and four-person rooms and included restroom facilities and a laundry room.

The Iraqi-owned Almco Company served as the

general contractor for both projects. The Gulf Region District, U.S. Army Corps of Engineers in Iraq has completed thousands of reconstruction projects in partnership with the U.S. government and the Government of Iraq since 2004.

Iraq Navy celebrates new patrol ship

 UMM QASAR, Iraq - The Iraqi Navy welcomed the Patrol Ship Nasir to its new homeport here in a ceremony Nov. 12.

The Nasir is the second of four ships contracted from the Fincantieri Shipyard in La Spezia, Italy. The Iraqi-manned ship departed Italy Oct. 15, completing the more than 5,000 mile journey in roughly a month.

The ceremony included a naval review of the Nasir and several other Iraqi ships and boats, as well as a demonstration of boarding tactics and a synchronized diver demonstration.

U.S. Army Brig. Gen. James M. McDonald, deputy commanding general of Multi-National Security Transition Command – Iraq, spoke briefly at the event to highlight the importance of the Nasir in protecting Iraq’s coasts.

“Iraq is in charge of its security,” McDonald said.

MNSTC-I’s Iraq Advisory and Training Team – Navy continues to help train and advise the Iraqi naval force. MNSTC-I’s goal is to assist Iraq in developing a capable and responsive force able for conducting maritime security operations in the region.

With more than 75 percent of Iraq’s gross domestic product coming from revenues generated by its offshore oil platforms, Iraq has a keen interest in protecting and controlling its territorial waters.

The ceremony ended with a tour of the Nasir and a brief cruise in the Shatt al-Arab waterway.

Police college graduates first class of females

 BAGHDAD – Fifty female police officers joined more than 1,000 of their fellow male graduates at the Baghdad Police College Nov. 9 for a ceremony marking their successful completion of the training program here.

Dozens of senior Iraqi political leaders, U.S. advisers, ambassadors and special guests looked on as the class marched by. Among the attendees were the Minister of Interior, Jawad Bolani; U.S. Ambassador Patricia Haslach; Danish Ambassador Mikael Winther; and, U.S. Army Lt. Gen. Michael Barbero, Multi-National Security Transition Command - Iraq commanding general.

This class represents the first time women have been able to attend and graduate from the nine-month police curriculum at the BPC.

As college graduates, the women learned the basic skills needed to become police officers and were held to the same standards as their male counterparts. Twenty-seven have been to law school and many are mothers who balance responsibilities at home with their new police duties.

Danish police officer Maj. Nana Shriver, an adviser to the High Institute at BPC, said these women will add tremendous value and new perspective to the Iraqi Security Forces.

“Many times women police officers can approach an investigation or police matter differently from a man,” Shriver said. “These women are tough but also have a softer side that is good for working with

children and other women. Sometimes this difference is what is needed to resolve an issue.”

Iraqi Maj. Gen. Dr. Jassim, director of the Baghdad Police College, said he was especially proud of the young female officers.

“This course was a most daring step,” Jassim said. “This was very difficult training and these women performed to the same high standards that we set for our male officers.”

Iraqi Security Forces uncover weapons, arrest terrorists

 BAGHDAD – Iraqi Security Forces arrested two warranted terrorists and 12 suspects during four joint security operations targeting al-Qaeda members responsible for making improvised explosive devices and coordinating IED attacks throughout the country.

In a rural area located roughly 11 km west of Mosul, ISF and U.S. advisers searched two buildings for an alleged AQI-sponsored IED cell leader.

While searching the area, ISF uncovered an assault rifle and grenades, which were safely destroyed by explosive ordnance disposal members. Based on preliminary questioning and evidence found at the scene, ISF arrested one suspected AQI associate. The warranted individual was not apprehended during the operation.

During a second joint security operation conducted roughly 37 km southwest of Kirkuk, the 3rd Emergency Services Unit and U.S. advisers arrested an individual suspected of providing logistical support to the Kirkuk-based vehicle-borne IED network.

The security team searched several buildings for the warranted individual who was identified and arrested along with two additional suspects found in the building.

During a third operation conducted near Bayji, located roughly 103 km southwest of Kirkuk, Iraqi Police and U.S. advisers searched several buildings for a warranted AQI leader suspected of acquiring explosives used for attacks against security forces in Iraq.

Iraqi Police searched multiple buildings in the area, and based on preliminary questioning, identified and arrested the warranted individual.

While searching the building where the suspect was found, the security team uncovered a significant weapons cache containing advanced IED components determined to be more sophisticated than those found during past investigations. The security team uncovered mechanisms that affix armor-piercing magnetic IEDs to vehicles making them unable to be removed unless the IEDs are detonated.

The team also uncovered RKG-3 rockets, explosively formed penetrators, fully assembled IEDs, a mine and wire used to make pressure-activated IEDs.

Information provided by the warranted suspect led the security team to a second location nearby. Iraqi Police searched the area, and questioned several individuals; six were identified and arrested based on information gathered at the scene.

During the fourth operation conducted in Duwayrah, located roughly 212 km northwest of Baghdad, ISF and U.S. advisers searched for a warranted AQI member suspected of transporting explosives and planning attacks in the region.

The security team searched a building and investigated the area for signs of suspicious activity. Based on evidence found at the scene, Iraqi Police identified and arrested the warranted AQI member and two alleged associates found on the premises.

Phantom Support



U.S. Army Photo by Capt. Murray Shugars, 2/198th CAB



Lt. Col. Kerry Goodman (left), commander of Mississippi's 2nd Battalion, 198th Combined Arms out of Senatobia, Miss., and a Meridian, Miss., native, "pins" the rank of sergeant first class on George C. Mills, a Waynesboro, Miss., native who serves with the Department of Public Works, during a Nov. 10 ceremony outside the base defense operations center, Contingency Operating Location Q-West, Iraq. The Mississippian's oversee the BDOC and force protection operations.



U.S. Army photo by Spc. Cory Grogan, 41IBCT

Oregon Gov. Ted Kulongowski addresses members of Oregon's 41st Infantry Brigade Combat Team at Camp Adder, Iraq, Nov. 11, during a town-hall style forum.



U.S. Army photo by Photo by Spc. Matthew Vogle, 260th CSSB

Cpl. Prethedia White, a computer help desk noncommissioned officer in charge from Shreveport, La., with Headquarters and Headquarters Company, 260th Combat Sustainment Support Battalion, 96th Sustainment Brigade reenlisted with Gen. Ray Odierno's UH-60 Black Hawk to set her background at Camp Liberty, Iraq, while Chief Warrant Officer 2 Tyronne Haslett, from Vaiden, Miss., administered the oath.

Govs. Sonny Perdue of Georgia, Ted Kulongowski of Oregon, David Freudenthal of Wyoming, and Haley Barbour of Mississippi visited the 4000-year-old Ziggurat of Ur, Nov. 11, a historic monument of ancient civilization outside of Camp Adder.



U.S. Army photo by Spc. Cory Grogan, 41IBCT



U.S. Army photo by Capt. Murray Shugars, 2/198th CAB

Master Sgt. William D. Middleton, of Everett, Wash., received an Army Commendation medal from Lt. Col. Kerry Goodman, a native of Meridian, Miss., and commander of Mississippi's 2/198th Combined Arms out of Senatobia, Miss., in a Nov. 13 ceremony outside the base defense operations center, Contingency Operating Location Q-West, Iraq. Battalion Command Sgt. Major Perry Campbell (far right) of Senatobia, Miss., stands behind Goodman.