

# The WRANGLER

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Serving the 4th Sustainment Brigade during Operation Iraqi Freedom 08-10

November 15, 2008

## WELLBEING STRAIGHT TO WRANGLERS

Article and Photos by: PV2 Dennis K. Blakeney  
Public Affairs Specialist



Master Sgt. Elva Marquez, the Task Force Medic NCOIC instructs Sgt. Aerick Wiser on how to breathe into the Metacheck unit used to determine the amount of calories needed to sustain an individual's lifestyle. Photo by Spc. John D. Ortiz

Many of us already know being deployed there is little time to worry about what you eat and how much you actually exercise. Whether your goal is to lose weight, gain weight or even sustain it, the Wrangler Wellness Program can provide you with the tools to be successful.

In the past, metabolic testing was only offered at hospitals and universities, now it is simple as just setting up an appointment with the Wrangler Wellness staff to have your metabolic test done.

"I brought the [Wellness] Team to the NCO Academy when I was commandant of the [United States Europe NCO Academy] to assist me in building my PT program and to work with the students who were body fat failures," said the 4th Sustainment Brigade Command Sgt. Maj. Erik R. R. Frey.

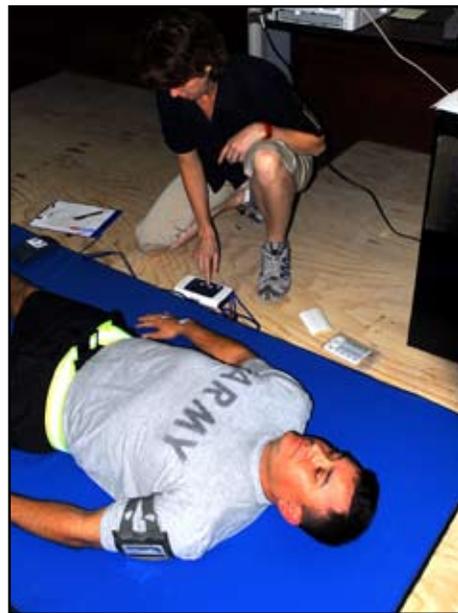
"I assessment and training program I developed was a huge success in terms of body fat loss and developing healthy lifestyles for my

Soldiers," said Frey.

The Metabolic testing procedures are very simple to include weighing yourself, breathing into a tube, or as known as the Metacheck unit, for approximately ten minutes, and an electrode test.

After the test is completed, your Resting Metabolic Rate is determined by how many calories your body burns at rest, or simply sitting down all day.

Lifestyle and activity is the number



A member of the USAEUR CHPMM Wellness Team performs an electrode test to determine body fat percentage on Sgt. 1st Class Roberto Medina during unit testing. Photo by Spc. John D. Ortiz.

See Wellness Page 5





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## The WRANGLER

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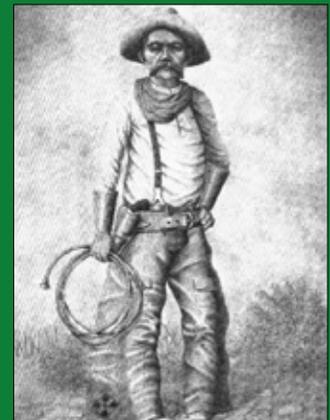
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# Task Force Gateway Commander's Words

# Task Force Gateway CSM's Words

## Wrangler Command Team Message



4th Sustainment Brigade  
Commander  
Col. Terence Hermans

First of all, we would like to thank each and everyone for the work that you are doing. All across the formation, we are doing the right thing with leaders becoming more involved in pre-combat inspections, resulting in fewer accidents and incidents.

With November almost over, the brigade is fast approaching the holiday season. During this time, there will be plenty of cheer and holiday spirit to go around. Yet, these are the times where distractions are more apparent with minds wondering toward the home front, we must not lose sight of the mission, there is too much at stake, too many people counting on us.

**‘JUST GET IT DONE’**



4th Sustainment Brigade  
Command Sergeant Major  
Command Sgt. Maj. Erik R. R. Frey

## Wellness Continued from Front Page



Master Sgt. Elva Marquez puts electrodes on a Wrangler Soldier during unit testing. Photo by Spc. John D. Ortiz

of calories you burn by simply performing normal daily activities such as walking, eating, and driving.

Finally an estimate is given of how many calories you would burn if you exercise moderately for thirty minutes.

A diet plan is also given to you after the metabolic assessment as to how many calories you are allowed to take in per day along with an exchange list of other healthy foods.

To accomplish weight loss under the wellness program your RMR dictates the maximum amount of calories your body can take in and still be able to lose weight at about 1.5 pounds a week.

In the weight loss zone, your body should be healthy, happy, and satisfied.

Learning to listen to your body and what it needs is important to what your body needs to succeed.

“Many people have a tendency to over report how much exercise they perform and under report how much food they eat,” said Todd A. Hoover, Director of the Wellness Center in Heidelberg, Germany, and who runs health promotion for the hospital and surrounding clinics.

“Service members have the opportunity to take their body to a garage to get it calibrated, so they can perform at their best,” said Hoover, who works for United States Army Center for Health Promotion and Preventive Medicine Europe

“This calibration can tell someone how many calories they need and how many calories to consume in order to lose weight,” he said, “there is no guessing.”

“We help people develop a calorie budget for the day, which leads to improving the body by adapting to the environment,” he said.

“We want to create an environment to allow a person to reach a goal.”

Weight management is a delicate balance between how many calories you burn and how many are consumed.

Gaining weight is not much of a challenge for most people.

When you eat too much your body works extra hard to speed up the metabolism to burn those extra calories.

Therefore you gain weight and possibly maintain it by eating far more than you should.

In attempt to lose weight you must reduce your calorie intake dramatically to leap from your maintenance zone to your weight loss zone.

When you finally reach your goal weight it is always important to sustain it and keep it off.

Reaching your maintenance zone says that you have taught your body to eat at your metabolism.

Taking in the right amount of calories is the number of calories you need to consume to stay at your goal weight.

By staying true to your given diet plan or even eating something from the exchange list is a simple tool in succeeding in maintaining your weight.

By following the Wrangler Wellness Program, whether you want to lose, maintain, or gain weight is a very useful tool to reach your goal.

Being healthy in today’s Army is essential in being successful and meeting the variety of challenges the Army has to offer.

After all being a part of the Wrangler Brigade is not only an honor but a challenge as well.

“I feel this program is a good thing for our Army,” said Frey.

“We will use it to help our Wranglers develop a good fitness program.”

# The Wrangler Dome

Article By Capt. Joseph Osmanski  
4th Sustainment Brigade

There is a saying throughout 4th Sustainment Brigade, "what have you done to improve CLPs, today." The idea is based on the simple thought of challenging all Soldiers, throughout the formation, to strive for daily advancements and ensure our Soldiers on the road have the maximum support available.

The 4th SB takes yet another step towards the overall improvement of Combat Logistical Patrols with the inception of the Wrangler Dome. To fully understand the history of the Wrangler Dome one must venture back to Fort Hood, Texas, during the time of January 2007. At that time, the concept was new to III Corps, bring a pre-deployment

standard for all Convoy operations to every Fort Hood Soldier and deployer. The model centered on a 7200 sq ft dome, the Phantom Dome. Where Soldiers were given the opportunity to brief on 15 ft high screen, an 800 sq ft sand table and rehearse current Tactics, Techniques and Procedures on an M1151. Additionally, stations and training models were emplaced covering areas such as communications, weapons systems and IED/EFPs emplacements.

As 4th SB deployed to Kuwait back in March 2008, so too did the idea of the Phantom Dome. Although, the name is different, the concept is the same, bring a pre-execution brief tent to all 4th SB Soldiers. Tools provided for Convoy

Commanders and Convoy Escort Team Commanders are an 8 ft high screen and 640 sq ft sand table for briefing. Also available are training stations focused on communications, weapons systems, current TTPs, CSTs operations, IED and EFPs standards and risk assessments and those mitigations for convoys.

The idea which started back in January 2007 is now about to come reality on Camp Arifjan, with the opening of the Wrangler Dome.

The opening of the Wrangler Dome signifies not just the opening of a Convoy Brief tent but rather exemplifies what every Wrangler must continue to ask themselves "what have you done to improve CLPs, today."

## JLTF 28 Dominate The 5K STRONG Run/Walk

Article Courtesy Of  
JLTF 28

The 5K STRONG Run/Walk was sponsored by the 311th ESC to promote the STRONG Well Being Program.

The race consisted of 1,200 runners, 17 teams, and only one Team Champion. Those champions all hailed from HHD, Joint Logistics Task Force 28 "On the Move!"

First Sgt. Jerryn McCarroll, Capt. Raymond Taylor, Capt. Brian Piekielek, and Capt. Adam Bradford clocked in an average time of 20:00 min over the 5K for the win.

The team was awarded with the coveted Wrangler belt buckle from Col. Terence Hermans and a 1st Place streamer for the company guideon.

Individual medals were awarded for 1st, 2nd, and 3rd Place in age and gender categories.

JLTF 28 was well represented by over 375 runners, with all runners and walkers that completed the race were awarded a Black Dri-Wicking STRONG T-Shirt.

The STRONG Well Being Program was built to empower people to achieve their personal and professional goals.

The program encourages personnel to strive for improvement in the four pillars of Body, Mind, Spirit, and Environment.

The goal is for every service member to complete their deployment better



Col. Terence Hermans, the 4th Sustainment Brigade Commander hands out 'the most coveted token in all of theater,' the Wrangler belt buckle to members of the winning team. Photo by Capt. Mina E. Nazarali-Bradford.

then when they started. The program is a leadership driven approach to ensure Soldiers have the tools and resources they need in order to improve physically, mentally, and spiritually. HHD, JLTF 28 proved they are STRONG... are you?

# Container Repair Blues

Article By Capt. Marcus D. Byrne  
4th Sustainment Brigade

The saying goes what goes up must come down. This is true for the supplies and the containers that ship those supplies into Iraq and Afghanistan. Here in Kuwait, the hub of logistics for theater, the job of recovering and repairing those containers falls to a small team of contractors and soldiers from the General Supplies Office of the 4th Sustainment Brigade Support Operations.

Master Sgt. Barbara Perry, Sgt. First Class Kim Earhart, and Pfc. Mamoud Kamara provide contractor oversight and military organization to a massive and critical operation.

Pfc Kamara stated, “when we got here there was no organization, we couldn’t tell the broken ones from the

fixed ones. So, Master Sergeant Perry said, ‘OK come up with a plan’, so, I did.”

Pfc Kamara and his team got to work organizing the large dirt field in the middle of the Camp Arifjan desert into an organized container repair yard.

“They were doing five a day when we got here, now we’ve got them doing eight.” The steady production of containers is a high priority mission. It is estimated there are 60,000 containers in Iraq and Kuwait alone, and most of those are carrier owned costing the government each month we have them. Returning more Army-owned containers to units for use reduces the number of leased containers they require, which in turn saves the tax-payers money.

The 20 by 40 foot containers come to the yard in varied conditions. The containers will have everything from dents and bangs to gaping holes you could drive a Humvee through, but the contractors, with the help of the Wranglers, get to work in the desert repairing the containers so they can be reused.

After the containers are repaired, repainted, and re-stenciled with their identification data they are put back to use. Units all throughout theater request the containers for shipment of their equipment and supplies. Their largest customer is responsible for shipping all of the supplies from food to repair parts into Iraq, which directly supports the overall Wrangler mission of theater distribution.

## 129th Transportation Combat Kitchen

Article By 1st Lt. Roger Garcia  
129th Transportation Company

Some jobs go unnoticed for the simple fact that they are not a glorified one.

The job I am talking about is not sexy, hyped-up, and thrilling by any means.

This job is often done in an out-of-the-way area away from the rest of the transportation world.

Most people think of transportation units as trucks, trailers, and cargo along with driving up and down the roads but transportation units also have cooks.

The cooks from the 129th Transportation Company run the Oasis, the Zone 1 Dining Facility, located in Camp Arifjan, Kuwait.

Sgt. 1st Class Juanita Wickham

along with six other 129th Soldiers manage the 24-hour operations of the Oasis.

DFAC operations are nothing new for Sgt. 1st Class Wickham.

She has successfully operated combat kitchens when previously deployed in Iraq.

The DFAC also employees 110 Third



Cpl. Zachary Sachs, Sgt. Ashley Cline, Staff Sgt. Amelia Bradley, and Sgt. 1st Class Juanita Wickham carve a pumpkin for a decoration on Halloween. Courtesy Photo.

Country Nationals, most of whom are from India.

# Life On Rear Detachment

Article Courtesy Of  
4th Sustainment Brigade Rear Detachment

Welcome to 4th Sustainment Brigade Rear Detachment, where things are not the way people may think; simple and laid back.

With just 52 personnel, most Soldiers here are either injured or are departing the Army.

Yet, these Soldiers pull Staff Duty, DFAC duty, and until recently, Road Guard for Battalion Ave./T.J. Mills Rd (formally known as Hood Rd. ).

All the while, we are taking care of personnel actions for 553 CSSB(Rear) and 4th SB(Rear), supporting mission requirements that even a Rear-D is not exempt from like Environmental Compliance, Physical Security, training, and

continue to maintain the 4th Sustainment Brigade's presence at Fort Hood.

We've established a great relationship with our Adopted School, Nolan Middle School, by participating in their fundraisers for United Way, officiating at their Student vs. Teacher sporting events, and judging talent shows.

Morale is good here and improving. Soldiers



Specialist Bovee just reenlisted for 4 more years and choice of duty station in Germany. He works in the S1 shop here on the Rear Detachment. Courtesy Photo.

are flexible for mission changes and adjust in stride. Of course, not everyone can be as motivated as the group pictured below.

The Rear Detachments for both the Brigade HQs and the 553 CSSB have moved multiple times and are planned to move at least twice more before the 4th SB returns. Soldiers here have mastered the art of packing and unpacking. On November

Soldiers here are getting good training which maintains our focus and keeps our heads up high.

Physical training keeps us disciplined and motivated. Regardless of your physical situation or if you have a short time remaining in the Army, Rear-D provides excellent PT. First Sgt.'s card deck muscle failure, stadium miles on Wednesdays at Hood Stadium, or last man up runs on Fridays are a challenge. And recently we started water PT at Abrams gym once a

See Rear D Page 9



Unit Family members come together to enjoy a potluck event held in August. Courtesy Photo.

schools.

Our mission is to support forward deployed units to allow you to focus in your mission.

- \* We take care of Soldiers' Family members.
- \* We prepare Soldiers to deploy.
- \* We discharge Soldiers thru chapters and MEBs
- \* We help Soldiers with their medical issues

With the Brigade forward deployed, we

3, BTB and the Brigade HQs will move to BLDG 39044 in the 13th ESC's footprint, right beside the Freeman DFAC. This move allows us to consolidate all our Rear D operations in one area

This move also brings our single Soldiers into a newly renovated barracks which will be maintained through redeployment



The Rear-D First Sgt. Sgt. 1st Class Yuras talks to soldiers before they fly out.

Rear D Continued from page 8

month.

Here on Rear-D we have started doing Sergeants Time Training on Thursdays again along with Leadership, the Challenge; a mall group discussion of real world leadership challenges such as drug use, assault prevention, and safety measures.

We start each day here with the Army Song and the Soldier's Creed.

*\* I will always place the mission first*

*\* I will never accept defeat*

*\* I will never quit*

*\* I will never leave a fallen comrade*

Soldiers on Rear-D will continue to accomplish the mission and anticipate your return.



Late deployers at Robert Grey Airfield here in Ft. Hood ready to fly out. Courtesy Photo.

# 'GHOST RIDER' TRACK STARS

Article By 2nd Lt. Jamie Lemon, Ghost Writer  
10th Transportation Company

The 10th Transportation Company recently hosted the Joint Logistic Task Force 28 Sportsman Cup Tournament for the month of October.

The Ghost Riders, who are no strangers to running, eagerly chose track and field as this month's sporting event. The track and field tournament consisted of four field and sixteen track events held over a two day period.



Capt Emilio Rodriguez, commander of the 846th Transportation company, stretching before the Commander/1SG Relay on 14 October 2008. Photo by Capt. Mina E. Nazarali-Bradford

The field events consisted of the tire flip, pineapple toss, long jump and football throw. The track and field competition was

the third event of the JLTF 28 Sportsman Cup Tournament, but was by far the most exciting competition this year.

Over a hundred Soldiers and Airmen crowded the track to cheer on their competitors and dozens of cameras flashed as the winners crossed the finish line.

The men's four-by-one relay race ended in a tie between the 10th Transportation

Company and 846th Transportation Company, but the runners anxiously demanded to run it again.

This time Pfc. Johnson, a Ghost Rider competitor, removed his shoes. The air horn sounded and off went Johnson. Heads

were turning and fans were cheering "He's not wearing any shoes!" Staff Sgt. Twyman finished the race strong and crossed the

finish line seconds before his rival, winning the relay for 10th Trans.

The Ghost Rider female competitors also won the women's four-by-one relay by a long shot.

The overall winner of the track and field competition was the 10th Transportation Company with 196 points which marks their second victory of the Sportsman Cup Tournament.

Coming in second place was 846th Transportation Company with 136 points.

Bronze went to HHD, JLTF 28.

The Battalion Streamer Ceremony was held later that week and individually recognized the event's competitors. The first place winners were presented with a Certificate of Achievement from Task Force Commander, Lt. Col. Christopher Benoit.

Congratulations to the winners and much appreciation for all competitors. The 10th Transportation Company would like to thank everyone who came out to support this event.

# Congratulations to the newest Iron Wranglers



Capt. Adam Bradford with HHD, JLTf 28 runs toward the finish line of the last event of the Iron Wrangler ; the 2-mile run, finishing in 12:37.



(Top) Sgt. Andre Bellamy, with 846 Transportation Company begins and powers his way through 55 dips.



(Bottom) Sgt. 1st Class Daniel TOLley with HHC, 1-148th Infantry gets ready to begin the first event of the Iron Wrangler, pull-ups, finishing the event with 13.



(Top) Sgt. Barry W. Betts with Task Force Gateway performs the first event of the competition, finishing the event with 19 pull-ups.



(Left) 1st Lt. Sam H. Ku with BTB powers through the pain of the 2-mile run, finishing in third place overall.



(Left) Capt. Luis Martinez, with 9th Finance Management Company runs on the last lap of the 2-mile event, finishing the event in 13:14.



(Top) Spc. Ryan Scott with 129th Transportation Company performs a dip, eventually finishing the event with 40 and the Gold Standard.



(Left) First Sgt. Alberto Quan with the 9th Financial Management Company waits in line to perform the sit-up portion of the Iron Wrangler Competition, ultimately finishing with 90 sit-ups.



(Top) Spc. RObin Robotham, with 9th Financial Management Company performs the sit-up portion of the competition, finishing with 85.



(Left) Staff Sgt. Richard Waugaman, with the 539th Transportation Company runs through the pain of the 2-mile event finishing in 14:07.



(Right) Spc. Gerald Ramsey with the 9th Financial Management Company performs the dip portion of the competition, finishing with 34.

# Donating to help others in Need

Article by 2nd Lt. Joseph Dietz  
846th Transportation Company

It's that time of the year with the Combined Federal Campaign-Overseas kicking off. The mission of the CFC is to promote and support philanthropy through a program that is employee focused, cost-efficient, and effective in providing all federal employees the opportunity to improve the quality of life for all. CFC began in the early 1960's and has been going strong since. The campaign officially kicks off on October 1 and runs through December 3.

Participation in CFC is strictly voluntary but highly encouraged. CFC-O is a nonprofit organization whose main goal is to connect people with the charities and causes they care about and to increase overall giving. As an incentive to support CFC-O; contributors have the chance to win one of three great prizes. First prize is a brand new 2009 Ford Focus, second place is a \$5,000 saving bond, and third prize is a \$1,000 savings bond. No donation is necessary, but to be eligible to win the Giveaway prizes contributors must complete a pledge card.

This year's CFC-O has more than 2,000 participating charities and several easy ways to contribute. Just recently CFC-O has implemented two programs related to electronic giving, credit card and online pledge assistant. Online Pledge Assistant requires internet access and allows a donor to complete their pledge card online. The traditional paper pledge form is also available to use. In 2007, the Combined Federal Campaign-Overseas had more than 102,000 contributors throughout the four overseas commands and raised more than \$15.7 million to worthy causes around the globe. For more information about CFC-O contact your unit CFC-O representative or visit CFC-O home page at [www.cfcoverseas.org](http://www.cfcoverseas.org). "This country will not be a good place for any of us to live in unless we make it a good place for all of us to live in."- Theodore Roosevelt.

**I AM STRONG.**

**INTERVENE**  
When I recognize a threat to my fellow Soldiers, I will have the personal courage to **INTERVENE** and prevent Sexual Assault. I am a warrior and a member of a team. I will **INTERVENE**.

**ACT**  
You are my brother, my sister, my fellow Soldier. It is my duty to stand up for you, no matter the time or place. I will take **ACTION**. I will do what's right. I will prevent Sexual Assault. I will **ACT**.

**MOTIVATE**  
We are American Soldiers, **MOTIVATED** to engage and keep our fellow Soldiers safe. It is our mission to prevent Sexual Assault. As Soldiers, we are all **MOTIVATED** to take action. We are strongest ... together.

**I am strong.  
I am ARMY STRONG.  
And so are you.**

Loyalty Duty Respect Selfless Service Honor Integrity Personal Courage Loyalty Duty Respect Selfless Service Honor Integrity Personal Courage

# In recognition of Patriot Day

Article Courtesy of  
Joint Logistics Task Force 28

Amidst an unstable stock market crash, a chaotic economy, and fiery political debates, I recently heard the term “Patriot Day,” as President George Bush dedicated the memorial at the Pentagon for those who died on 9/11.

‘Patriot Day,’ I thought, what a fitting name for a day that is engraved in the minds of most who are old enough to remember it. I wondered when September 11th had taken on that title, and what it had taken to get there.

The term “Patriot Day” was first used by President George W. Bush in a proclamation to the public released Sept. 4, 2002. Just over three months after the attacks on the World Trade Center and the Pentagon, Congress proposed and passed Public Law 107-89 with a unanimous 407-0 vote, authorizing the President to officially designate Sept. 11 of each year as “Patriot Day.”

Every year since then, the President has issued a proclamation requesting that the American flag be flown at half-staff and that the people of the United States observe a moment of silence for those who lost their lives. This particular year on Patriot Day, the President dedicated the Pentagon

Memorial. On the memorial grounds, there are 184 engraved benches, one for each person who died during the attack. The designers of the memorial created it with the hope that it will bring a sense of peace and healing to those who lost family members and friends at the Pentagon.

As we continue to serve, sacrificing time away from homes and loved ones, please remember the words spoken by the President on the very first observance of Patriot Day. He stated, “Those whom we lost last Sept. 11 will forever hold a cherished place in our hearts and in the history of our Nation.

As we mark the first anniversary of that tragic day, we remember their sacrifice; and we commit ourselves to honoring their memory by pursuing peace and justice in the world and security at home.” Seven years later, we are still pursuing peace and justice in the world, and have made great

strides in making the world a safer place. Amidst such a tumultuous time in our history, be proud of what we do, the uniform we wear, and the country we serve.



## Submissions

The Wrangler wants to hear from you!

Do you want to highlight someone or something going on in your unit or section? Have a photo that you would like posted? Please send all submissions via email to Sgt. Myers at [angienne.l.myers@kuwait.swa.army.mil](mailto:angienne.l.myers@kuwait.swa.army.mil). In the body of the email, please include the following: Full Name, Rank, Unit and Duty Position. Attach your submission as a Word Document and limit to 300 words. Submissions are subject to editing. For photo submissions, please include a caption describing the photo (Who, What, When, Where and Why).

# SPORTS WHILE DEPLOYED

Article by 1st Lt. Tim Breitbach  
70th MTD

As everyone here already knows, sometimes the joys in life while deployed are few and far between. Some people like to work out, others take their one afternoon off and head to the pool, some—as a recent *Stars and Stripes* article suggested—take the object of their affection to a movie in Zone 1 (in PTs for Airmen of course).

One near constant though is passing your time immersed in sports. There are reminders of sporting events all over the Camp but what many people miss most are the sports they are missing back home. This is especially true this time of year as it's the only time when the four major U.S. professional sports are either under way or getting ready to start up.

We're over a month into the NFL season—with the Bears in first place I might add, the NHL and NBA are about to kick off and the baseball playoffs are starting to heat up.

Personally, Notre Dame football is one of the few things I look forward to all week, and I had to drown my sorrows in a near-beer this morning after a tough loss to North Carolina.

The rest of the men and women of the 70th Medium Truck Detachment are no different when it comes to sports dedication.

Whether its Tech. Sgts. Thomas Karnes and Dave Townsend—2 of the 70th Convoy Commanders—arguing over whether they're going to watch the Cubs game or the National Bass Fishing Competition that night in the PCB, sports of all shapes and sizes abound can be found on the TVs in the 70th work centers and PCBs.

Tech. Sgt. Karnes though has taken the Cubs' early playoff exit quite badly and said, "the baseball season died for me the

They may be struggling a bit, but that hasn't stopped Chief Malenic from forgoing that extra Sunday morning sleep time to get up and catch the Buckeyes' game being re-played on AFN Extra.

The 70th has not only watched sports this deployment but we've played our fair share too. We took home the JLTF 28 Soccer Tournament in July, teamed up with the 424 MTD for the Camp Arifjan Softball tourney and have played countless pick-up basketball games and volleyball matches.

Of course, anyone who has walked past the 70th Tactical Operations Center has also most likely heard one of the literally hundreds of foosball games that have been played inside.

Our replacements have Boots on Ground, but there's nothing to worry about, the 70th sports-loving tradition will surely live on when we, rotate out.

As I walked into the TOC this afternoon, the new members of the 70th MTD Spiral VII we are already fully immersed in a riveting game of foosball. Their skills still leave something to be desired, but there's little doubt that after six months of intense practice, they will proudly share their new-found "love of the game" with their replacements.



A member of the 70th Medium Truck Detachment sits and watches early morning football in his PCBs. Courtesy Photo.

day Cubs broke my heart...again. There's always next year I guess." 100 years and counting Tech. Sgt. Karnes...

There's no shortage of college football fans either and Chief Master Sgt. Matthew Malenic, the 70th Detachment Chief, is a lifelong and diehard Ohio State Buckeyes fan.

# *Congratulations to the Newest American Citizens*



Lucia Irene Agiular Garcia  
Task Force Gateway



Julio Cesar Melendez  
6th Transportation Battalion



Noe Rivera Cardoza  
1844 Transportation Company



Raul Salgado  
1844 Transportation



Arturas Samoilouas  
1-148 Infantry Battalion