



The Expeditionary Times

Proudly serving the finest Expeditionary service members throughout Iraq

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Panama native to be U.S. citizen

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Master Sgt. William Vernon, surgeon cell noncommissioned officer-in-charge with the 3rd Sustainment Brigade, 103rd Sustainment Command (Expeditionary), and an O'Fallon, Ill., native, observes as an Iraqi vehicle and personnel inspection guard dresses his teammate's simulated wounds during a first aid class Sept. 26 and 27 at Joint Base Balad, Iraq.

Iraqi guards learn first aid skills

STORY AND PHOTO BY
SGT. 1ST CLASS RHONDA LAWSON
3RD SUSTAINMENT BRIGADE

JOINT BASE BALAD, Iraq—The 3rd Sustainment Brigade, 103rd Sustainment Command (Expeditionary) surgeon team expanded their services Sept. 26 and 27, making another positive step toward Iraqi capabilities following the end of Operation New Dawn.

Over a span of two days, the team trained approximately 40 Iraqi

vehicle and personnel inspection guards on basic first aid procedures.

For many of the guards, this was their first exposure to such training. They found the course very useful since they are often first responders when civilians approach the Joint Base Balad gates seeking medical treatment.

"My captain brought it to my attention," explained Senior Airman Aaron Jennings, a unit trainer with the 532nd Expeditionary Security Forces Squadron, and a Wylie, Texas., native. "They are often the first people who civilians see when they come to the gate, so we thought why not try to teach these guys how

to treat their own people? If one of their guys got hurt, they wouldn't be able to help each other."

The unit then approached the 3rd Sust. Bde. and requested the training. However, most of the brigade's medics, assigned to Headquarters and Headquarters Company, 3rd Special Troops Battalion, 3rd Sust. Bde., 103rd ESC, were already tasked out for flu shots and other medical services, so the brigade-level team decided to teach the class.

"We developed the course and had it translated into Arabic, and made read-aheads [pamphlets] for the interpreters," explained Master Sgt. William Vernon, the surgeon

cell noncommissioned officer-in-charge with the 3rd Sust. Bde. and an O'Fallon, Ill., native. "The class is a hybrid of the combat lifesaver course and standard first aid training."

Vernon explained that they decided what to put into the course based on the types of injuries guards see at the gates. Many of the civilians who seek aid suffer from burns, eye injuries, fractures and other wounds, so they tailored the class to teach the guards to render basic first aid for these injuries until qualified medical help arrives.

"We'll still send our doctors out,

FIRST AID cont. page 12



"This bank will be a beacon for the people of Baghdad to come and invest their money...and to really make an investment in their future."

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Joint Base Balad :
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318-833-1002

COB Taji:
318-834-1281

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COB Speicher:
318-849-2501

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

e-mail: escpao@iraq.centcom.mil

With age comes perspective

CAPT. MARK JOHNSTON
13TH CSSB CHAPLAIN



Some time ago, just after we deployed to Iraq, my wife sent me a copy of the local newspaper's coverage of my units' departure. I had answered some questions from the local reporter and those questions and my answers were featured in her article. What caught my attention, however, was not what I said, but the reporter's lead-off line: "CH Johnston, the oldest Soldier in the unit..." First of all, I am not the oldest Soldier in my unit. My command sergeant major is a good five months older than me, and my commander is just a few months younger (not that I am sensitive or anything about my age, as you can tell).

Being older does not have a lot of advantages. As a bumper sticker says, "Getting older is not for sissies." I know, as my children remind me, that I can get an AARP card in a few years and that is some sort of advantage. I also know that in about six more years, instead of taking the Army Physical Fitness Test, I will just be checked for a pulse!

Anyway, one real advantage to getting older is perspective. I have had a lot of experiences in my life, and I have learned a lot of lessons from them. I want to share a few with you.

Some of the hard lessons of life from Chaplain Mark Johnston

1. Sometimes you are wrong. Face it. Admit it. Learn to apologize. It is okay to be wrong.
2. Not everyone thinks the way you think.
3. Do not mistake kindness for weakness. Do not disrespect or take advantage of a kind person.
4. Many people that you love will not love you.
5. The people you love the most and respect the most will sometimes let you down.

6. You will do things that you said you would never do.
7. The hardest person to forgive is yourself. Give yourself a break (see number 1).

8. The lessons you learn best will often cost you the most.

The more it costs, the better you learn.

9. You will never learn from others' mistakes as long as you think you are stronger, more ethical, smarter, better looking, etc., than the person who made the mistake.

10. You are more concerned about how you look than anyone else is. You are better looking than you think you are on your bad days. You are not as good looking as you think you are on your good days.

11. Some people don't like you. Some never will. There is nothing you can do about it. Why do you want everyone to like you?

12. Your spouse is not able to fulfill all your emotional/physical/financial/etc. needs. Don't go looking for someone else. They won't be able to either. Don't worry. You are not fulfilling all those needs of your spouse either and he/she puts up with you.

13. There is no such thing as a "soul mate." Cell mate, perhaps. Soul mate, no.

14. If you treat your children with respect, they will respect you. If you don't, they won't.

15. Some people work harder than you. You work harder than some other people. Everyone's job is different, so worry more about yours and less about how much work other people are doing.

16. Life is not fair. Work is not fair (see number 15 and get over it).

17. Getting up early in the morning is not a virtue. Staying up all night isn't either (no one cares how early you got up or how late you stayed up. No one).

18. If you don't like your job, find another one.

19. Let your friends help you. You cannot make it through life on your own.

20. The day will come when you will look back on your time with a mentor and wonder why you did not listen better, ask more questions, treat him/her with more respect, tell them how much you appreciate her/him, etc. Don't worry. Your mentor did the same thing with his or her mentor.

21. Don't argue about religion. It is a waste of time.

22. Living in fear does not make you safer. Living in fear does not make the world a safer place.

Your life has much to teach you. As I said above, learn from others' mistakes. My grandfather Ziglar, my friend and mentor, said, "You don't learn anything the second time you get kicked by a mule." You may not like being in Iraq. Deployment may be the worst thing that has ever happened to you but, be that as it may, you can still learn a lot of good lessons while here.

Don't waste a year of your life moaning and complaining. Take time to see what life is trying to teach you while you are here. You just might be surprised.

EXPEDITIONARY TIMES

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

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

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

103rd ESC Operations NCO
Sgt 1st Class J.D. Phippen
gerald.phippen@iraq.centcom.mil

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

103rd ESC Staff Writers
Sgt. Jessica Rohr
jessica.rohr@iraq.centcom.mil

Spc. Adrian Muehe
adrian.muehe@iraq.centcom.mil

Pvt. Zachary Zuber
zachary.zuber@iraq.centcom.mil

Contributing public affairs offices
3rd Sustainment Brigade
224th Sustainment Brigade
256th Infantry Brigade Combat Team
278th Armored Cavalry Regiment
332nd Air Expeditionary Wing

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

103rd ESC G2, Security Manager
(318) 433-2155

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

The Weekly Standard: Dangers of 'bulking up'

MAJ. ERIC VERHOEF
103RD ESC DEPUTY IG



What Soldier does not want to gain muscle and lose fat? This is a great goal, and working toward it while deployed is fantastic since there are fewer distractions here than at home.

However, some are taking potentially dangerous shortcuts. Every Post Exchange in theater has an aisle dedicated to these shortcuts. I am talking about supplements—those used for adding muscle and those for losing fat. If used correctly, supplements can help you achieve your goals of more muscle and less fat. However, the medical clinic at Joint Base Balad has sent Soldiers home with permanent kidney damage. These young Soldiers now have the kidney function of a 70-year-old. This article will point out four possible dangers that come with the misuse of supplements.

1. Too much protein can wreak havoc with your kidneys. If you are drinking multiple protein shakes and eating large amounts of meat in the dining facility every day, your kidneys need to go into overdrive to process all the waste from digesting all this protein. With protein, there really is such a thing as too much.

2. This next one is a little complex, so stay with me. Many of the pre- and post-workout supplements have stimulants. This "Pumps you up!" as Arnold Schwarzenegger is fond of saying, and motivates you in the gym. Nothing is worse than going to the gym and not being motivated. Here is the clincher: These stimulants also constrict your blood vessels, and this is what sends Soldiers home with permanent kidney damage.

The kidney's filtration system has tiny blood vessels that also get constricted, shutting down the kidneys. And to make matters worse, the kidneys are trying to go into overdrive mode so they can process all that protein you have been taking. This molecular tug-of-war may cause damage to the kidneys.

As you are reading the dozens of ingredients on your favorite supplement product, you may wonder which ones are the stimulants. Wonder no more; they are: caffeine, ephedra, mau haung, bitter orange, guarana, hydroxycitrate, citrilean, brindle berry, country mallow, and garcinia cambogia.

3. Caffeine is in almost every supplement because it makes us feel good. We Americans drink some serious amounts of caffeine, such as coffee, Monster, Red Bull (my personal favorite), and Rip It. Most of us know to stay away from the stuff as we get closer to bed time, but those of you

on the admirable, twice-a-day workout program who are taking the pre- and/or post-workout supplements are taking large doses of caffeine. If you were wondering why it is hard for you to get to sleep and you are taking a lot of supplements, you may want to look at them as a cause.

In addition to sleeplessness, caffeine can make you anxious and irritable. If you are always angry or upset at your boss, it may not be because he or she is a bad leader; you may be more irritable because of the caffeine. Cutting down on the caffeine is not an easy thing since it is very addictive, but it might be the right thing to do.

4. Vitamin B toxicity. One of my life's mottos is, "If a little is good, more is better." While this works for some things, it is not a good motto for vitamin B.

Excess amounts of vitamin B can cause tingling in the fingers and hands, indicating a form of nerve damage. It is easy to take in excessive amounts of vitamin B if you take a lot of supplements because all of them contain it. If you experience tingling in your fingers or hands, go see a doctor; this one is fixable.

It is too bad the Expeditionary Times does not have a Letter to the Editor section because this article would have generated a lot of mail. I did not intend to scare Soldiers away from all supplement use. I am just trying to educate Soldiers about the potential risks of supplement abuse.

Combat Stress: Meet Sgt. 1st Class Albert

SPC. ANDRE MAILHOT
85TH COMBAT STRESS CONTROL

Word on the street is that there's a new dog in town, and in fact, that is correct. Sgt. 1st Class Albert is the 85th Medical Detachment, Combat Stress Control (CSC) therapy dog, and has been at Joint Base Balad since late summer. The 85th CSC is making every attempt to bring Albert to as many units as possible throughout our stay at JBB.

Albert was trained and donated by American Vet Dogs, an organization under the Guide Dog Foundation for the Blind. Albert entered Iraq in the summer of 2009 and was given to the 212th Medical Detachment CSC; he supported their mission as an animal assisted therapy dog at Contingency Operating Base Speicher.

Albert transferred to the 85th CSC in early spring. During his first year in theater, Albert spent much of his time at the CSC clinic at COB Speicher. He was utilized as a therapeutic medium in multiple facets. He helped relieve stress of clients waiting to be seen, he attended one-on-one counseling sessions, and he was utilized during the life skills and coping skills classes to help clients with assertive communication, anger management and stress management.

Albert was also an integral part of the 85th CSC's prevention mission. He visited patients and staff at the 21st Combat Support Hospital, and he traveled to units to promote morale. He brings "a little bit of home" for many Soldiers, Sailors, Airmen and contractors, and his presence helps normalize the deployment experience.

In early summer, Albert began a six-week hand off process between his primary handler, Pfc. Ruiz, and me, his current handler. The transition was designed to promote maximum training and minimal stress to both Albert and me, while preparing for his next assignment at JBB.



Currently, Albert can be found at the 85th CSC/TBI joint Behavioral Health clinic, Bldg. 8300 (Joint medical Clinic), located across from the Air Force Theater Hospital.

Albert provides "animal therapy" to clients at the clinic, and he is available to travel to units upon request. Individuals interested in meeting Albert may come to the CSC/TBI joint clinic. Groups or units may call 483-3385 to schedule a meet-and-greet.

START TIME: 5:30 a.m. at Holt Stadium

**ARMY
TEN-MILER**

10/16/10

JOINT BASE BALAD

Registration is through the 103rd ESC Public Affairs Office on JBB from Sept. 25 - Oct. 14
ALL PARTICIPANTS MUST RECEIVE AND WEAR A RACE BIB FOR TRACKING PURPOSES
Questions, or looking to volunteer? E-mail us at: escpa@iraq.centcom.mil

SHOUT OUT

To Maj. Holly Hileman, 103rd ESC

*"To my friend, my companion, my wife:
HAPPY BIRTHDAY! I miss you and love
you very much."*

From Milton Hileman and Family

Lollapalooza travels overseas to Balad

STORY AND PHOTO BY
SPC. ADRIAN MUEHE
EXPEDITIONARY TIMES STAFF

JOINT BASE BALAD, Iraq— Deployed service members gathered at the Sustainer Theater at Joint Base Balad, Iraq, Sept. 23, for a special treat presented by the 103rd Sustainment Command (Expeditionary).



The promoters and artists that played at the Lollapalooza music festival Aug. 7 and 8 put together a special video highlighting performances specifically for troops at JBB.

The 90-minute video featured performances from Blues Traveler, Slightly Stoopid, Devo, and was headlined by both Green Day and Soundgarden. In between sets, the film featured shout outs from fans at the Chicago event for troops overseas; giving thanks for all that they are doing for America.

The event was originally supposed to broadcast for the service members live, but due to technical difficulties, the 103rd ESC Public Affairs Office was unable to facilitate the live feed, said Maj. Angel Wallace, public affairs officer with the 103rd ESC, and an Albuquerque, N. M., native.

“This was a way for us to get that live, concert feel,” said Wallace. “They attempted to do that last month. We were going to host two live performances from them, Green Day on [Aug.] 7 and Soundgarden on the 8th. We had everything set to go to run live, had a studio audience of about 50 [service members] per show, and would have been on stage interacting with the band and the audience.”

The promoters at Texas Roadhouse Live didn’t want deployed troops to miss out on Lollapalooza altogether, so they put together a DVD of the event to be played, said Wallace.

To show their gratitude for having the Lollapalooza event brought to them, service



Sgt. 1st Class J.D. Phippen, operations noncommissioned officer with the 103rd Sustainment Command (Expeditionary) Public Affairs Office, and a Clive, Iowa, native, films as members of the 299th Engineer Company, 36th Engineer Brigade, give a group shout-out to Lollapalooza after viewing a 90-minute video of highlights from the stateside musical event.

members had the opportunity to do their own video shout-outs to be sent back to the event promoters and the bands themselves. Filming these short snippets was Sgt. 1st Class J.D. Phippen, operations noncommissioned officer with the 103rd ESC Public Affairs Office, and a Clive, Iowa, native.

“In the video, they had people doing shout-outs to us, so we did shout-outs back to them,” said Phippen. “All the footage that I took will be sent back to the promoter of the event and they will use it as they see fit.”

Numerous people did individual shout-outs, but at the end, a group of engineers got together to do one that represented the 299th Engineer Company, 36th Engineer Brigade.

“I originally thought that it was going to be live; I saw they had Green Day so we came out here,” said Spc. Thomas Voglio, a bridge builder with the 299th Eng. Co. “After we saw it was just a video, we stayed around and ended up having a good time. I definitely look forward to going to Lollapalooza next year.”

While service members had to miss the Chicago music festival, this special viewing allowed many of them to mentally go home for awhile and feel like they actually experienced it.

“The people had a great time and we walked away feeling like we went through an entire day’s worth of concerts,” said Wallace. “It started during the sunny portion of the day and ended at night and in the series of an hour and a half I felt like I had been there all day long.”

Senior NCO recognizes Soldiers’ accomplishments

STORY AND PHOTO BY
SGT. 1ST CLASS RHONDA LAWSON
3RD SUSTAINMENT BRIGADE

CONTINGENCY OPERATING BASE SPEICHER, Iraq— Soldiers with the 3rd Sustainment Brigade, 103rd Sustainment Command (Expeditionary), were treated to a visit by Command Sgt. Maj. Jesse Andrews, the U.S. Division-North and 3rd Infantry Division’s top noncommissioned officer.

The brigade was one stop on the Andrews’ final tour of the units within USD-N, as he bid farewell to the Soldiers before leaving the division to take over as the command sergeant major of 1st Army, located at Fort Gillem, Ga.

“I really don’t like doing this,” said Command Sgt. Maj. Clifton Johnson, command sergeant major of the 3rd Sust. Bde., during a farewell ceremony in Andrews’ honor at the Sustainer Theater at Joint Base Balad, Iraq. “Command Sgt. Maj. Andrews has done a lot for this division. He is a friend as well as a mentor.”

Andrews, a Lincolnton, Ga., native, complimented the brigade on the job they’re doing supporting both USD-N and USD-Central.

“You are truly one of the best sustainment brigades in the Army,” he said.

He also paid a visit to the 394th Combat Sustainment Support Battalion once he returned to Contingency Operating Base Speicher, Iraq, and spoke about the transition from Operation Iraqi Freedom to Operation New Dawn.

“Soldiers will continue to advise, train and assist Iraqi forces so they are capable of defending their country one day,” he said during a luncheon with the Soldiers. “Some Soldiers may end up teaching Iraqis how to do basic stuff, such as driving.”

He added that it might not be the job that the Soldiers attending the luncheon will do, as their main mission is transportation and giving support to transportation units.

“I appreciate the job you are doing,” he said. “You get to see firsthand what it’s like to be out traveling from point A to point B. You’re on the roads a lot.”

During both visits, Andrews stressed that nothing has changed as far as how Soldiers are still doing their jobs on the missions that they were sent to Iraq to do. He said that Soldiers are still taking the same actions as before, and are doing a great job of getting equipment moved safely, remaining vigilant and paying attention to their surroundings.

“Keep up the good work,” said Andrews. “Everyone’s



Command Sergeant Major Jesse Andrews, command sergeant major of U.S. Division-North, and a Lincolnton, Ga., native, speaks to Soldiers about the transition to Operation New Dawn at a luncheon held recently at Contingency Operating Base Speicher, Iraq.

mission is important. We would not be as successful without you all coming together as a team for U.S. Division-North.”

Newly promoted Soldier aims for citizenship

STORY BY
SGT. BLAKE PITTMAN

110TH COMBAT SUSTAINMENT SUPPORT BATTALION

CONTINGENCY OPERATING BASE ADDER, Iraq—

Staff Sgt. Luis Greaves, a supply sergeant with the 110th Combat Sustainment Support Battalion, 224th Sustainment Brigade, 103rd Sustainment Command (Expeditionary), and a Panama City, Panama, native, was promoted to staff sergeant in a ceremony held Sept. 16

outside of the battalion headquarters at Contingency Operating Base Adder, Iraq.

Greaves had already taken on extra responsibilities by becoming the acting noncommissioned officer-in-charge for the logistics and supply section of the battalion commander's staff.

Greaves was born in Panama and immigrated to the U.S. in 1984. In 1985, he joined the U.S. Army, where he served on active duty for 8 1/2 years in Germany, Fort Drum, N.Y., and Fort Carson, Colo. When he left active duty, he immediately enlisted in the Georgia Army National Guard.

He volunteered for deployment in 2008 and was sent to Camp Cropper in Baghdad with the 114th Infantry Company from the New Jersey Army National Guard. Upon redeploying in mid-2009, he immediately raised his hand to be sent back with the 110th CSSB in February 2010.

"I don't whine about things," said Greaves. "Everyone's been fair to me."

Greaves now serves with the 110th CSSB on the second of back-to-back deployments to Iraq in support of Operation Iraqi Freedom, and now Operation New Dawn. Greaves tried deploying as a volunteer once before while on active duty in Germany when the U.S. invaded Panama during Operation Just Cause in 1989, but he was told that the deployment was for key personnel only. Though he has called the U.S. his home for more than 25 years, Greaves has not yet become a naturalized citizen. He expects that will change at a swearing-in ceremony at COB Adder in November.

In the civilian world, Greaves is a driver for Swift Trans-



Staff Sgt. Leticia Mitchell

Staff Sgt. Luis Greaves, a supply sergeant with the 110th Combat Sustainment Support Battalion, 224th Sustainment Brigade, 103rd Sustainment Command (Expeditionary), and a Panama City, Panama, native, recites the Noncommissioned Officer's Creed during his promotion ceremony held Sept. 16 outside of the 110th CSSB headquarters at Contingency Operating Base Adder, Iraq.

portation, Inc., a coast-to-coast motor-shipping carrier. "But I only go from Arizona to Pennsylvania," said Greaves. "So it's whatever you want to call it."

When he gets back home this time, however, he's keeping

his eye open for other prospects. Whatever that entails, he does plan to continue his dual role as a citizen-soldier. He will be eligible for retirement in 2012, but he said wants to stay in the National Guard for at least a few more years.

Water transportation important for sustenance

STORY BY

SGT. RANDELL CAMPBELL

15TH TRANSPORTATION COMPANY

CONTINGENCY OPERATING BASE

ADDER, Iraq— Many Soldiers have asked themselves, "Where does the bottled water I drink come from?"

Soldiers with 1st Platoon, 15th Transportation Company, 110th Combat Sustainment Support Battalion, 224th Sustainment Brigade, 103rd Sustainment Command (Expeditionary), run the transportation mission that moves the water on Contingency Operating Base Adder, Iraq.

The bottling plant, Oasis on COB Adder, has been producing drinking water for service members since its opening on June 8, 2009. There are six Oasis bottling plants in Iraq, which produce an average of 64 million bottles of water each year. The bottles are wrapped in 12-pack cases, and then 64 cases are palletized and staged by the manufacturing date.

"They [Oasis workers] perform an essential function, because if they were not here, we wouldn't have a good supply of water," said Spc. Kevin Conner, a motor transport operator with the 15th Trans. Co., and an Orlando, Fla., native.



Staff Sgt. Daniel Lichtler

Sgt. Philip Schmuck, a motor transport operator with 1st Platoon, 15th Transportation Company, 110th Combat Sustainment Support Battalion, 224th Sustainment Brigade, 103rd Sustainment Command (Expeditionary), and a Macomb, Mich., native, inspects his vehicle in preparation for the daily water mission Sept. 16 at Contingency Operating Base Adder, Iraq.

Guards at the bottling plant gate ensure that the paperwork is filled out properly before entering or exiting. The palletized

water is transported with tractor trailers to other locations in the surrounding area and various locations on COB Adder.

The bottling plant yard has limited space to accommodate staging vehicles and also continue storing water pallets. Within that space is where the Soldiers with 1st Platoon provide COB Adder with the transportation assets and personnel to move the water that Soldiers drink.

After signing in for the daily mission with the gate guard, Soldiers enter the water bottling plant with their palletized load system heavy transporter trucks, where they are loaded up with pallets of water, and are downloaded at the water staging yard adjacent to the plant.

"I enjoy doing this water mission," said Sgt. Philip Schmuck, a motor transport operator with the 15th Trans. Co., and a Macomb, Mich., native. "It gives me a sense of accomplishment, knowing that I help my fellow Soldiers stay hydrated."

An average of 196,000 bottles of water are transported per day by the transportation Soldiers. The pallets are kept in the staging yard in groups of 10-by-10 with 1,500 pallets per row. From there, they are loaded onto semi-tractor trailers to be distributed throughout southern Iraq.

"The water mission for the Soldiers of 1st Platoon, 15th Trans. Co., is an essential step in a simple task we all should be taking part in daily: drinking water," said Staff Sgt. John Sellen, a platoon sergeant with the 15th Trans. Co., and a Dayton, Ohio, native.

HVAC maintenance, repair keep troops cool



Spc. William McCoy, a heating, ventilation and air conditioning mechanic with the 632nd Heavy Maintenance Company, 110th Combat Support Sustainment Battalion, 224th Sustainment Brigade, 103rd Sustainment Command (Expeditionary), and a Detroit native, recharges an air conditioning system on a tactical vehicle at Contingency Operating Station Gary Owen, Iraq.

STORY AND PHOTO BY
STAFF SGT. JARVIS PAYTON
632ND HEAVY MAINTENANCE COMPANY

CONTINGENCY OPERATING BASE ADDER, Iraq— For the past two weeks, Staff Sgt. Sean Thompson, a heating, ventilation, and air conditioning shop foreman with the 632nd Heavy Maintenance Company, 110th Combat Support Sustainment Battalion, 224th Sustainment Brigade, 103rd Sustainment Command (Expeditionary), and a Jamaica native, and Spc. William McCoy, a HVAC mechanic with the 632nd HMC, and a Detroit native, traveled to Contingency Operation Station Garry Owen, Iraq, to utilize their expertise and to support the 1st Battalion, 8th Infantry Regiment, in maintaining their vehicle HVAC systems.

During this time, Thompson and McCoy made a unique team and were solely responsible for providing maintenance and repairs to numerous vehicles on COS Garry Owen. They made on-ground maintenance assessments of the air conditioner equipment, and provided technical support, trouble-shooting and repair for the battalion's companies.

Companies within the 1st Bn., 8th Inf. Regt., are constantly executing convoy missions. Fully operational air conditioning is significant for the Soldiers.

Thompson summarized the mission: "There were little challenges to overcome, and the 632nd [HMC] has further established their name throughout Iraq."

Both Soldiers expressed the fulfillment that comes with maintaining their comrades' equipment.

"I take personal satisfaction in the fact that I am able to keep my fellow Soldiers a little more comfortable with my skill as an air conditioner mechanic," said McCoy.

Local children play, connect with service members

STORY AND PHOTO BY
SGT. GAELN LOWERS
3RD SUSTAINMENT BRIGADE

JOINT BASE BALAD, Iraq— Soldiers and civilians with the 3rd Sustainment Brigade, 103rd Sustainment Command (Expeditionary), participated in another Iraqi Kids Day Sept. 25 at Joint

Base Balad, Iraq.

"This is really what victory looks like after almost seven years of war," said Col. Kenneth Jones, the deputy commander of the 103rd ESC, and a Berryton, Kan., native. "It's phenomenal that we can interact with the children the way we do."

The base has been holding these special events for local Iraqi children, many of whom are orphans, for the past few years, said Capt. Jennifer Yang, officer in charge of legal for the 3rd Sust. Bde., and a Covina, Calif. native, who was part of the planning committee for the event.

"The idea is to show the children at an impressionable age that Americans are nice people," she said. "If the only time they see Americans is rolling through in a tank or a mine resistant ambush protected vehicle, then they are only getting one side of the story. This is a way [for] them to get to know us in a very low-threat and fun way."

The children received a standing ovation upon their arrival. Some of the children were so excited that they immediately started hugging everyone they could get their hands on.

There were various booths available to the children, including a video game area, a pool, a place for soccer and a magic booth.

"We did some disappearing, some levitating and some changing of one thing into another," said Maj. James Galluzzo, officer-in-charge of human resources with the 3rd Sust. Bde., and a Salem, N.H., native, who acted as a magician at the event. "I think



Sgt. 1st Class Jennifer Atherton, noncommissioned officer-in-charge of force protection with the 3rd Sustainment Brigade, 103rd Sustainment Command (Expeditionary), and a Villages, Fla., native, plays soccer with two local Iraqi boys during Iraqi Kids Day Sept. 25 at Joint Base Balad, Iraq.

they liked how close up the magic tricks were. Most times when you see magic you don't get to see it close up and can't touch it. It makes you feel as if you are part of the act."

Galluzzo even taught the kids how to do a few of the magic tricks.

"This is great to be able to put a smile on the kids' faces," he said. "It's really what this is all about."

The Hallmark greeting card company even had a special area set up where the kids could draw, paint and be creative.

"This is typical of Hallmark and the things

they do," said Jones, who is also a Hallmark employee. "They conduct a lot of outreach programs. Art quickly moves beyond the cultural divide between America and Iraq by the kids connecting immediately with what they wanted to do and express themselves through artwork."

Almost every staff section in the 3rd Sust. Bde. had someone participating during the event, said Yang.

"[The event was] purely voluntary," she continued. "They wanted to make it that way so the people who decided to be involved were there because they wanted to be.

"A lot of our sections were probably drained because everyone wanted to help out," she said, laughing. "There was someone being a mentor, part of the committee, or a booth manager from almost every section. It was a lot of fun and the kids ran us ragged."

At the end of the day, the children, civilians and the service members were tired from a full day's-worth of fun and excitement, said Galluzzo.

"I think they had a great time," he said. "I saw them all smiling and dancing and that is what being a kid is all about, regardless of what country you're in."

MRT yard pivotal in Operation Clean Sweep

STORY AND PHOTO BY
SGT. GAELAN LOWERS
3RD SUSTAINMENT BRIGADE

JOINT BASE BALAD, Iraq— The responsible draw-down of forces was a two-fold mission. One aspect was reducing the number of Soldiers in Iraq to 50,000 by Sept. 1. The second was removing the mountain of equipment left over from seven years of war. That job is a focus for the Mobile Redistribution Team.

The MRT is responsible for cleaning up excess equipment from outlying forward operating bases and camps, and into yards for distribution out of the country, said 1st Lt. Kyle Sissom, MRT yard officer-in-charge with 289th Quartermaster Company, 13th Combat Sustainment Support Battalion, 3rd Sustainment Brigade, 103rd Sustainment Command (Expeditionary), and a Merriam, Kan., native.

“This yard is essential to moving equipment efficiently and effectively out of Iraq,” he said. “It is definitely an astonishing process. We are facilitating a process that is essential to Operation Clean Sweep. The Soldiers’ morale and productivity are extremely high. They know that what they are doing out here is making history.”

Operation Clean Sweep was established in October 2009, said Capt. Keith Stutts, Operation Clean Sweep OIC for the 13th CSSB, and a Mobile, Ala., native. The intent is for all units to identify their excess equipment and supplies, clear the waste from their area of occupation, and to reduce their operational footprint.

“We’re the heartbeat of Operation Clean Sweep,” said Stutts. “We receive all of the retrograde from 58 of the 98 outlying FOBs here in Iraq. The MRT yards expedite the process of moving equipment...saving the Army more than \$7 million per week.”

The small mobile distribution teams are sent out to the outlying FOBs and camps, he said. They coordinate with the units there to collect excess equipment, spare parts and scrap materials. The excess is then packed neatly and sent off to the Joint Base Balad MRT yard. Once the materials reach JBB, a separate team re-sorts the items and puts them into shipping containers to head off to Kuwait, the United States, Afghanistan or other destinations.

“If it’s serviceable or unserviceable, we ship it down to Kuwait so the team down there can decide whether they want to fix it and put it back into the Army supply lines or scrap it and use it for spare parts,” said Sissom. “If it is brand new equipment, we ship it back to the states to be repackaged and put back into the Army supply lines. Sometimes



Spc. Jeffery MacGruder, a forklift operator in the Mobile Redistribution Team yard with the 298th Quartermaster Company, 13th Combat Sustainment Support Battalion, 3rd Sustainment Brigade, 103rd Sustainment Command (Expeditionary), and a central Florida native, lifts a box of equipment to be shipped off to Kuwait Sept. 21 at the MRT yard at Joint Base Balad, Iraq.

we get bigger items like vehicles, and we give them to the Redistribution Processing Assessment Team, and they can put them back into the Army supply system that way.

“We get scrap metal and wood sometimes too,” he continued. “That is dispositioned by the Defense Reutilization and Marketing Office. We have access to the incinerator yard or the refuge agency here on JBB to dispose of the waste.”

The 47 Soldiers and 21 civilian augmentees assigned to the yard sort 50 connex shipment boxes a week on average, and frequently meet their monthly quota by midmonth, said Spc. Eric Duddy, an MRT yard container tracker with the 298th QM Co., and a Shreveport, La., native.

“It feels good,” said Duddy. “I never thought I would be

a part of something this big. It feels good to know that I am helping to give back to the Army here in Iraq.”

Sissom said he is proud of all the hard work that his Soldiers put in every day to make things run smoothly and get the mission accomplished. He said that the work that his Soldiers did on a daily basis was the lynchpin for making Operation Clean Sweep a success.

“All things that we are bringing into the yard here is stuff that has been accumulating over the past seven years during Operation Iraqi Freedom,” he said. “Now we are trying to hand the country back over to Iraq, and we need to lessen our footprint as much as possible. We can’t just leave it all lying around for the Iraqis to take care of, because it’s our responsibility, not theirs.”



‘Now we are trying to hand the country back over to Iraq, and we need to lessen our footprint as much as possible...because it’s our responsibility.’

-1st Lt. Kyle Sissom

A foreign national augmentee at the Mobile Redistribution Team yard tightens the straps on a load of scrap metal Sept. 21 at Joint Base Balad, Iraq. The scrap metal is to be delivered to the Defense Reutilization and Marketing Office so that it can be disposed of properly.

Opening for

STORY BY
SGT. GAELLEN LOWERS
3RD SUSTAINMENT BRIGADE

VICTORY BASE COMPLEX, Iraq—



Soldiers, civilians and individuals from the local Iraqi community celebrated the opening of the Bank of Baghdad, Sept. 29

at Victory Base Complex, Iraq, as part of the Army Central Command's "Banks on Bases" program.

The initiative was created to assist in strengthening Iraqi business and banking infrastructure by transitioning to the use of Iraqi dinar and other E-Commerce tools, while reducing the flow of U.S. currency throughout the region, said Brig. Gen. Mark Corson, commander of the 103rd Sustainment Command (Expeditionary), and Maryville, Mo., native.

"As part of implementation, it has been the collective goal to begin writing all contracts with non-U.S. vendors to be paid through Electronic Funds Transfer, or in Iraqi dinar," said Corson. "This creates an environment where all hubs and spokes, which are primary locations for established, thriving Iraqi businesses after U.S. forces are gone, have internationally recognized Iraqi banks to accommodate the needs of these established contracts."

This "forced business" will help the Iraqi financial system become stronger and give the Iraqi population more confidence in it, said Dr. Younes Brouche, deputy chairman of the Board of Directors for the Bank of Baghdad.

"What we want is [for] the Iraqi people to have more trust in banking and to put their faith in others to help Iraq and the Iraqi economy," said Brouche. "We carry a great weight because in Iraq there is one branch for every 40,000 Iraqis. With more trust from them, I hope to be able to have more expansion, which will help service them with more efficiency. Our goal is to help the Iraqi people transition from the mattress system to the financial system."

Corson echoed Brouche's sentiment by saying it is understood that certain criteria would have to be met in order for Iraqis to trust the banking system.

During Saddam Hussein's reign,

'If we take these opportunities and build on them, then this will be a very successful partnership.'

-Maj. Andrea Singer



U.S. Army photo by Sgt. Gaelen Lowers

Dr. Younes Brouche, deputy chairman of the Board of Directors for the Bank of Baghdad, and Brig. Gen. Mark Corson, commander of the 103rd Sustainment Command (Expeditionary), and Maryville, Mo., native, celebrate after cutting the ribbon for the grand opening of the Bank of Baghdad, Sept. 29 at Victory Base Complex, Iraq.

it was not uncommon for him to visit state-owned banks to seize funds, said Corson. By having a strong relationship with the U.S. government, each private bank that has been chosen will receive a "stamp of approval," which goes far in creating that base of trust, and meets the strict requirements identified by the U.S. Treasury.

Currently, many of Baghdad's local businesses use the finance offices to cash their checks, said Maj. Andrea Singer,

liaison officer with the 326th Theater Financial Management Center, based in Kuwait, and an Omaha, Neb., native, who has seen this project through "from cradle to grave." One of the goals of this program was to take the burden off the financial management companies, so they no longer have to cash the business and payroll checks.

"That is a lot of cash floating around the battlefield," she said. "With the Banks on Bases initiative, those local

contractors can come to the bank, they can open payroll accounts, they have access to an ATM, and they can pay their employees through direct deposit versus having to go to the finance office and take out all the cash to pay their employees, many of whom are local or third country nationals."

Most of the coordination by Singer was conducted with the help of the individual finance companies at VBC, said Capt. Michael Wallet, executive officer for the 15th Financial Management Company, Special Troops Battalion, 3rd Sustainment Brigade, 103rd ESC, and Wadsworth, Ohio, native.

"We play a behind-the-scenes role," he said. "Without us, most of this probably wouldn't have gotten done. One of the most important parts of this bank opening, as a financial management company, is that we can come to the bank and withdraw dinar to pay workers, and I don't have to put Soldiers out on the road, which can be dangerous."

The Bank of Baghdad has more than 40 branches open throughout the country of Iraq, and has three more branches opening up on U.S. bases in the near future, said Singer. Besides reducing the U.S. footprint in Iraq, the initiative has also improved U.S. and Iraqi relations.

"I think the biggest thing for me is how important partnerships like this are between the U.S. and the local community," said Singer. "These folks, just like us, want to have a better life. We are here to help them, and they know it. They want this country to be successful just like we do. I think that if we take these opportunities and build on them, then this will be a very successful partnership."

The opening of this bank, and others like it, strengthens the Iraqi economy, said Wallet. It shows that Iraq and its people are moving toward financial independence.

Soon, the land on which Victory Base Complex is currently located will be given back to the Government of Iraq, said Corson.

"This bank will be a beacon for the people of Baghdad to come and invest their money, have proper modern banking services and to really make an investment in their future," he added. "We are excited about that proposition for them."

business



U.S. Army photo by Sgt. Gaelen Lowers

ABOVE: Two Iraqi bankers put up the grand opening sign for the grand opening of the Bank of Baghdad Sept. 29 at Victory Base Complex, Iraq. The bank opening is part of the Army Central Command's "Banks on Bases" program, an initiative created to assist in strengthening Iraqi business and banking infrastructure.



U.S. Army photo by Maj. Angel Wallace

ABOVE: Col. Arthur Turnier, director of the 326th Theater Financial Management Center, and a Crestline, Calif., native; Maj. Andrea Singer, liaison officer with the 326th TFMC, and an Omaha, Neb., native; and Brig. Gen. Mark Corson, commanding general of the 103rd Sustainment Command (Expeditionary), and a Maryville, Mo., native, meet and introduce themselves during the grand opening ceremony of the Bank of Baghdad Sept. 29 at Victory Base Complex, Iraq. The bank opening is part of the Army Central Command's "Banks on Bases" program, an initiative created to assist in strengthening Iraqi business and banking infrastructure.



U.S. Army photo by Maj. Angel Wallace

Dr. Younes Brouche (right), deputy chairman of the Board of Directors for the Bank of Baghdad, and a translator, talk about the importance of initiatives like the Bank of Baghdad and the positive impact for the future of Iraq, during the opening ceremony Sept. 29 at Victory Base Complex, Iraq. The bank opening is part of the Army Central Command's "Banks on Bases" program, an initiative created to assist in strengthening Iraqi business and banking infrastructure.

'This bank will be a beacon for the people of Baghdad to come and invest their money, have proper, modern banking services, and to really make an investment in their future.'

-Brig. Gen. Mark Corson

Filter rocks last stop on 'Loud and Proud' tour

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

CONTINGENCY OPERATING BASE ADDER, Iraq—

Hundreds of service members gathered to watch the alternative rock band Filter perform Sept. 23 in Memorial Hall at Contingency Operating Base Adder, Iraq.

"It rocked; there was good energy," said Spc. Jeffery Bruce, a member of the Morale, Welfare, and Recreation team with the 224th Special Troops Battalion, 224th Sustainment Brigade, 103rd Sustainment Command (Expeditionary), and a Los Angeles native, who helped coordinate the event. "The show was awesome and the band members interacted with the Soldiers. It was a great morale booster."

Capt. Vanessa Marrero, a support operations effect officer-in-charge with Headquarters and Headquarters Company, 224th Sust. Bde., and a San Diego native, echoed Bruce's sentiments. "When I found out they were coming, I was stoked," she said.

The performance at COB Adder was the fifth and final show on the band's "Loud and



Rob Patterson, a guitarist with the band Filter, rocks out with service members and contractor civilians during a concert on their "Loud and Proud" tour Sept. 23 in Memorial Hall at Contingency Operating Base Adder, Iraq.

Proud" tour in Iraq.

"This tour has been incredibly educational, meeting these young men and women, and the responsibility they hold,"

said Miko Fineo, the band's drummer, and a Los Angeles native. "We live a simple life at home, we realize and see how they [service members] miss home; it's great to boost their

morale and break their day-to-day routine."

Filter played new songs during the show, as well as many of their historic hits, such as, "Hey Man, Take a Shot" and "Take a Picture." Richard Patrick, the band's lead vocalist, and a southern California native, took pictures of band members on stage and spectators during "Take a Picture," using a camera from one of the Soldiers in the crowd.

"It's been overwhelmingly fulfilling to be able, as an entertainer, to donate my time and energy, knowing they are having fun and being entertained," said Patrick.

In the attempts to make the show as fun as possible for service members, the band member's often interacted with service members while on stage. "You're at a rock concert, we feed off your energy," yelled Patrick.

"I love it, it was entertaining how they were having fun on stage," said Spc. Michelle Villafan, a Soldier with HHC, 224th Sust. Bde., and an Atascadero, Calif., native.

After the performance, the band gave service members personally autographed merchandise, such as guitar picks, band photographs, drum sticks, and even copies of their new CD, "The Trouble with Angel's," which was released in August of this year.

Soldiers go above, beyond with deployment extension

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

CONTINGENCY OPERATING BASE ADDER, Iraq— Two Soldiers with the 319th Transportation Company, 110th Combat Sustainment Support Battalion, 224th Sustainment Brigade, 103rd Sustainment Command (Expeditionary), are going above and beyond the call of duty by voluntarily extending their deployments.

Staff Sgt. John Jenerou, a truck master with the 319th Trans. Co., and a Mount Pleasant, Mich., native, and Sgt. Siamanave Amisone, a training noncommissioned officer, and a Waipahu, Hawaii, native, finished their previous deployments with the 47th Trans. Co., 110th CSSB, in June, and opted to extend with the replacement unit, the 319th Trans. Co.

"I enjoy providing valuable experience from my previous deployments to a new unit," said Amisone. "It saves the unit a lot of heartache, operating based on lessons learned from my past deployment."

Amisone ensures that the 319th Trans. Co. Soldiers receive all necessary training to remain mission-effective, while Jenerou provides knowledge from his previous deployment as a company truck master with the 47th Trans. Co., to his current position as truck master with the 319th Trans. Co.

"Working as the truck master here with 319th [Trans. Co.] has been a smooth transition," said Jenerou. "Everyone here has been really supportive. It feels like a second home here."

Usually, only a few Soldiers in each unit volunteer to serve beyond their 12-month tour of duty, making Jenerou and Amisone valuable assets with current, hands-on experience.



Staff Sgt. John Jenerou, a truck master with the 319th Transportation Company, 110th Combat Sustainment Support Battalion, 224th Sustainment Brigade, 103rd Sustainment Command (Expeditionary), and a Mount Pleasant, Mich., native, and Sgt. Siamanave Amisone, a training noncommissioned officer with the 319th Trans. Co., and a Waipahu, Hawaii, native, volunteered to serve beyond their 12-month deployment at Contingency Operating Base Adder, Iraq.

Online voting program simplifies absentee submission

STORY BY
1ST LT. JENNIFER JOHNSON
199TH BRIGADE SUPPORT BATTALION

CONTINGENCY OPERATING BASE ADDER, Iraq—

With the general election nearing, Soldiers with Alpha Company, 199th Brigade Support Battalion, 224th Sustainment Brigade, 103rd Sustainment Command (Expeditionary), work to educate themselves on the proper procedures for the absentee voting process

at Contingency Operating Base Adder, Iraq.

For the Louisiana National Guard Soldiers located at COB Adder, the instruction provided by the Federal Voter Assistance Program website has been the easiest and most informative tool to stay informed and to register to vote by absentee ballot.

The Federal Post Card Application is the online process for Soldiers to register to vote and request an absentee ballot. The first step in the process includes the Soldier registering to vote by using the FPCA. The application is then mailed to the Soldier's local election official.

"The whole process is self-explanatory

and really easy to use," said Staff Sgt. John Schrock, a convoy escort team truck master with A Co., 199th BSB, and a Forest Hill, La., native.

Staff Sgt. Michael Humphries, an operations noncommissioned officer with A Co., 199th BSB, and a Jena, La., native, explained that in the second step of the process, the application is approved or denied, or additional information from is requested.

"I did not think the process was difficult at all," said he said.

Humphries continued by explaining that once the application is approved, the election official sends the absentee ballot to the

registered voter. At this stage, the Soldier is eligible to vote and return the ballot to the local election official in his or her state.

The FVAP website also provides detailed information on voting deadlines by state and territory. Soldiers can check the status of their registration and ballot request by contacting their local election official.

Information on where to send forms, addresses of local election officials and mail-out timelines can be found at www.fvap.gov. While in theater,

Soldiers can also call 312-425-1584 for more information on the absentee voting process.



Spc. Todd Nordman, a container inspector with the 403rd Inland Cargo Transportation Company, 110th Combat Sustainment Support Battalion, 224th Sustainment Brigade, 103rd Sustainment Command (Expeditionary), and a Lansing, Mich., native, pins his opponent down during his bout at Fight Night Sept. 18 in Memorial Hall at Contingency Operating Base Adder, Iraq.

COB Adder Fight Night: next round

STORY AND PHOTOS BY
SGT. JORGE ANAYA
40TH QUARTERMASTER COMPANY

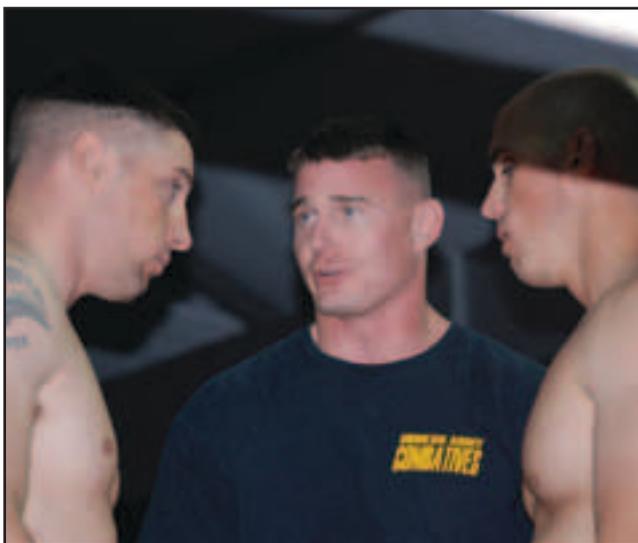
CONTINGENCY OPERATING BASE ADDER, Iraq—

“This is our fourth Fight Night chapter in Tallil,” said Sgt. Trevor King, a combatives instructor and referee with the 40th Quartermaster Company, 110th Combat Sustainment Support Battalion, 224th Sustainment Brigade, 103rd Sustainment Command (Expeditionary), and a Mobile, Ala., native, as service members and civilian contractors prepared to match their fighting skills at Fight Night Sept. 18 in Memorial Hall at Contingency Operating Base Adder, Iraq.

“It is exciting to see these fighters viciously training throughout the month and finally showing their skills for everyone tonight,” said King. “We are grateful that Soldiers and civilians alike are willing participants in these events, and we always receive great support from garrison command. We hope more people will participate in future events. With more people participating, it will ensure that the fighters with different techniques make for a mind-blowing experience for all spectators.”

King said that he encourages participation and said that all those wishing to train for future fights can train every night at Sprung Gym, where a range of fighters constantly practice to hone their skills.

Among the fighters who participated was Spc. Todd



Sgt. Trevor King (center), a combatives instructor and referee with the 40th Quartermaster Company, 110th Combat Sustainment Support Battalion, 224th Sustainment Brigade, 103rd Sustainment Command (Expeditionary), and a Mobile, Ala., native, gives instructions to the competitors prior to their fight, Sept. 18 at Contingency Operating Base Adder, Iraq.

Nordman, a container inspector with the 403rd Inland Cargo Transportation Company, 110th CSSB, and a Lansing, Mich., native, who was competing for a victory against another Soldier.

“I suffered a loss tonight, but it showed me where my

skills stand,” said Nordman. “The thing about mixed-martial art fights is that it doesn’t matter the size or strength of an individual, but the technique.” Competitors are placed in weight classes, so skill sets the fighters apart.

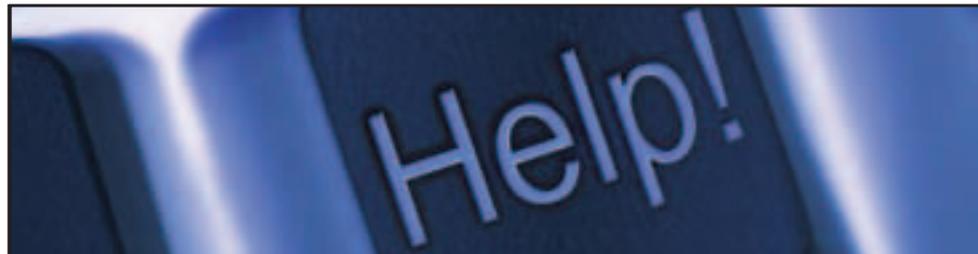
“Events like these serve as morale boosters because they allow Soldiers to let loose, nearly forgetting what’s around them for a moment and be focused on the fight,” added Nordman. “This loss tonight motivated me to look into my technique. I will say if there is another fight night, they can count me in. I look forward to it.”

Nordman said that he will continue to train with other fighters to gain more experience with the goal of one day appearing as a fighter in the Ultimate Fighting Championship.

“I was just focused on what I had to do next,” said Spc. Michael Dewoody, a Mobile Redistribution Team member with the 40th QM Co., and a Bay City, Texas, native. “My opponent was good in Jiu-Jitsu, so counters provided me with the technique I was looking for. I decided to practice over and over. I never would have imagined being a mixed-martial arts fighter, but I took the chance, trained hard, and walked-off with my first win.”

Dewoody said he trained for several weeks, but decided to actually compete in fight night only two hours before the fight was to take place.

The performances provided by the fighters pleased the crowd as many of them yelled and shouted chants for their favorite fighter, leaving each fighter with an obligation to do the best, not only for themselves, but for their unit and their audience.



Plasma? LCD? LED? What's the difference?

SGT. 1ST CLASS RAY CALEF
EXPEDITIONARY TIMES STAFF



Last week in this column we discussed ways to save money buying electronics on the Internet by using a few tips designed to enhance the purchasing process. I had mentioned a high definition television I bought, and thought it would be a good starting point to discuss the differences and advantages of how they are configured.

Let's start with plasma televisions. Plasma TVs use a sheet of tiny, individual plasma cells that create a picture when an electrical charge is applied. The result is a well-lit screen highlighted with brilliant colors. They also process motion better than the other offerings. One downside to the Plasma screens is they do not come small, they are typically 42 inches or larger. So, no kitchen countertop plasmas. Plasma also has a reputation for getting burn-in, which is when a static image permanently remains visible on the screen. This was an issue when they first came out, but as of late, manufacturers say they have fixed most of the problems.

LCD Televisions use liquid crystal compressed between two glass plates, creating an image when electricity is applied. LCD runs cooler than plasma and is more versatile. Plus, it weighs a lot less than plasma. One of the issues with LCD is ghosting, which is when a moving image has a tail following it on screen when it shouldn't. On a personal note, I have not had an issue with my two Sony LCD models, and have had them for more than three years.

LED TVs use liquid crystal, but unlike regular LCD televisions they use a backlight made of hundreds of LEDs (light-emitting diodes) instead of a fluorescent lamp. The LEDs can be evenly distributed around the back of the television's panel or situated in the edges of the screen to create a very thin display chassis. They also use much less energy than LCD or plasma TVs because of that energy efficient backlighting, up to 40% less than LCD and significantly less than plasma. In fact, for a standard LCD TV, it will use half of the energy of a comparable plasma screen, and LED uses much, much less.

New LCD screens can now update the image displayed 100 times per second — the often-touted '100Hz' technology — which doubles the standard 50Hz rate. This removes significant amounts of jitter from the LCD screen's image, resulting in a smoother and more visually pleasing picture. It is a great feature when watching sports where both the players and camera move often.

At present, our tests reveal that plasma TVs are still superior in handling fast motion, but the motion-handling of LCD TVs has improved greatly over the last five years.

LED televisions use the same motion processing technology as LCD panels, with all panels currently on the market using 100Hz refresh rates. As LED televisions are leading the market in technological innovations, they will usually employ the latest generation of motion processing technology available, making them a good choice for watching fast motion video.

FIRST AID from page 1

but they'll get that initial treatment," said Jennings.

The class was a combination of hands-on training and lecture, with the help of two interpreters. Students were broken into groups of 20, and each group attended the class on a different day. During class, the groups were further broken down into teams of two to practice the hands-on portion.

"These guys are really motivated," said Vernon. "They're asking a lot of questions and are catching on quickly."

He added that he appreciated their willingness to learn. The guards were there on their own time and were not being paid to be there, so he wanted to make the class worth their time.

"I enjoyed the class," said Raad Mohammed, a checkpoint supervisor at the North Entry Control Point at JBB. "It was useful. We're not here to play around. We're here to learn something."

Jennings added that part of that motivation to learn comes from the fact that the U.S. presence in Iraq is ending soon.

"They know we're all leaving," he said. "In the end, they're going to have to take care of each other."

Vernon added that they plan to offer the class again in the future to train more of the guards. In the meantime, Mohammed said he will ensure that those who have gone through the class teach others the skills that they learned.

"The trainers were good— very, very good," he said. "I would love to thank them for what they did for us."

Word on the Street

What is your goal for this deployment?



"My goal for this deployment is to provide command and control for all six casualty liaison teams."

Spc. Shanondra Martin, an administrator with the Casualty Headquarters, 22nd Human Resource Company, 3rd Sustainment Brigade, 103rd Sustainment Command (Expeditionary), and a Rusk, Texas, native



"My goal for this deployment is to have a successful transition from the 387th Human Resource Company to the 22nd HRC."

Cpl. Charles Falter, an internal management officer and system administrator with the 22nd Human Resource Company, 3rd Sustainment Brigade, 103rd Sustainment Command (Expeditionary), and a Litchfield, Ill., native



"My goal for this deployment is to make sure that everyone in the 22nd HRC gets their mail in the appropriate time."

Spc. Chrystal Johnson, a human resource specialist with the 22nd Human Resource Company, 3rd Sustainment Brigade, 103rd Sustainment Command (Expeditionary), and a Monroe, La., native

THEATER PERSPECTIVES

“In the past, U.S. Forces were focused on combat operations, and now our purpose is different. We’re focused on helping our Iraqi brothers as part of Operation New Dawn.”

Brig. Gen. Jeffrey S. Buchanan, director of J-9 and spokesman for U.S. Forces-Iraq, while speaking to a reporter from the Samaria Channel

“We have a wise leadership and its decisions are for the interest of the Iraqis and to speed up the long-awaited formation of the government.”

An Iraqi government employee told Reuters news service during a rally of hundreds of followers of the cleric Moqtada al-Sadr

“...we will continue to work with the Iraqi forces for the rest of the time that we’re here.”

Brig. Gen. Jeffrey S. Buchanan, director of J-9 and spokesman for U.S. Forces-Iraq, while speaking to a reporter from the Samaria Channel

“The airport will be the largest in Iraq. It will service six million passengers annually, and provide about 21,000 jobs in the first phase...

The final stage will provide 72,000 jobs, and service 22 million passengers annually.”

The Ministry of Transportation announced on Oct. 8

“We forgive and turn the page because the country cannot be built on the basis of hatred and rancor.”

Iraqi Prime Minister Nuri al-Maliki during a call for national reconciliation in an attempt to open the door for former opponents to return home as he attempts to form a new government

RECOGNIZING HEROISM IN COMBAT

The White House posthumously honored Staff Sgt. Robert Miller’s family the Medal of Honor on his behalf, for proving his heroism in Afghanistan on Jan. 25, 2008. Insisting on leading his team of 22 U.S. and Afghan Soldiers from the front, while fully aware of the ambush that awaited their arrival, Miller “bore the brunt of the attack,” according to an article in Stars and Stripes. He continued to fight even after sustaining injuries, doing all that he could to protect his patrol team; now, Miller has been recognized for his actions, becoming the third service member to receive the Medal of Honor for heroism in Afghanistan.



Staff Sgt. Robert Miller

- Deployed twice to Afghanistan with Army Special Forces
- Led a patrol of 22 U.S. and Afghan Soldiers near Gowardesh, Afghanistan, where they were ambushed by 120 enemy fighters
- Charged enemy positions, engaging approximately 60 insurgents by himself, allowing the rest of his squad to regroup while Miller shouted information on enemy positions through a radio
- After sustaining two chest wounds, Miller continued to engage the enemies until his death
- “He was willing to do everything and anything for those Soldiers around him.”

Staff Sgt. Nick McGarry, comrade

Sudoku

Level: Hard

The objective is to fill the 9x9 grid so each column, each row and each of the nine 3x3 boxes contains the digits from 1 to 9 only one time each.

Last week's answers

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

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

TEST YOUR KNOWLEDGE

1. What's a golfer said to have if he is entitled to tee off first?
2. What tournament did Arnold Palmer say he would play in as long as he could walk?
3. What is a scratch golfer's handicap?
4. Who became the youngest and oldest golfer to win the Masters, in 1963 and 1986?
5. How many rounds must a golfer have played to be eligible for a handicap?
6. Who was the first golfer since Jack Nicklaus to win eight PGA events his first six years on tour?

1. The honor 2. The Masters 3. Zero 4. Jack Nicklaus 5. Ten 6. Phil Mickelson

JBB Worship Services

CONTEMPORARY

Sunday 10:30 a.m. Gilbert Memorial Chapel (H-6)
7 p.m. Freedom Chapel (West side)

Wednesday 8 p.m. Gilbert Memorial Chapel

GENERAL

Sunday 9 a.m. Provider Chapel

GOSPEL

Sunday 11 a.m. MWR East Building
12 p.m. Freedom Chapel (West side)
12:30 p.m. Gilbert Memorial Chapel
7 p.m. Provider Chapel

LITURGICAL (Lutheran Setting)

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

LUTHERAN

Sunday 8 a.m. Provider Chapel Annex

TRADITIONAL

Sunday 10:30 a.m. Freedom Chapel
2 p.m. Air Force Hospital Chapel

SEVENTH DAY ADVENTIST

Saturday 10 a.m. Provider Chapel

LATTERDAY SAINTS

Sunday 1 p.m. Provider Chapel
3:30 p.m. Freedom Chapel
7 p.m. Gilbert Memorial Chapel

ROMAN CATHOLIC MASS

Sunday 8:30 a.m. Gilbert Memorial Chapel
11 a.m. Provider Chapel

12:30 pm. Air Force Provider Chapel

Saturday 8 p.m. Freedom Chapel (West side)

Mon-Fri 11:30 a.m. Provider Chapel

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

JEWISH SHABBAT SERVICES

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

PAGAN/WICCAN FELLOWSHIP

Thursday 7 p.m. Provider Chapel Annex

Saturday 7 p.m. The Shack (Bldg 7556)

FOR MORE INFORMATION

PLEASE CALL:

Gilbert Chapel 443-7703

Provider Chapel 483-4107/4115

Freedom Chapel 443-6303

***Current as of Oct. 13, 2010**

JB BALAD ACTIVITIES

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



Wednesday 10/13/10

NBA: San Antonio Spurs vs Los Angeles Clippers, Delayed
Midnight AFN Sports
COLLEGE: Live Football, 12:30 p.m. AFN Sports
NFL: Live Teams TBD, 1 p.m. AFN Sports
COLLEGE: UCF @ Marshall, Live 5 p.m. AFN Xtra
2010 NLDS: Game 5 Teams TBD, Live 7 p.m. AFN Sports

Thursday 10/14/10

COLLEGE: UCF @ Marshall, Live Midnight AFN Xtra
NBA: Houston Rockets vs New Jersey Nets, Delayed
7:30 a.m. AFN Sports
COLLEGE: Live Football, 12:30 p.m. AFN Sports
10 a.m. AFN Sports
NFL: Tampa Bay Lightning @ Philadelphia Flyers, 4:30 p.m. AFN Xtra

Friday 10/15/10

NHL: St. Louis Blues @ Nashville Predators, Delayed
Midnight AFN Sports
COLLEGE: South Florida @ West Virginia, Live
4 a.m. AFN Sports
COLLEGE: Live Football, 4:30 p.m. AFN Xtra
COLLEGE: Cincinnati @ Louisville, Live
5 p.m. AFN Sports

Saturday 10/16/10

NHL: Atlanta Thrashers @ Anaheim Ducks, Live
1 a.m. AFN Prime Freedom
COLLEGE: Gameday, Live 7 a.m. AFN Sports
COLLEGE: Live Football, 9 a.m. AFN Sports
COLLEGE: Live Football, 12:30 p.m. AFN Xtra
COLLEGE: Live Football, 12:30 p.m. AFN Prime Atl.

Sunday 10/17/10

COLLEGE: Live Football, Midnight AFN Sports
COLLEGE: Live Football, 4 a.m. AFN Sports
NFL: Teams TBD, Live 10 a.m. AFN Prime Atl.
NFL: Teams TBD, Live 10 a.m. AFN Sports
NFL: Indianapolis Colts @ Washington Redskins, Live
5 p.m. AFN Prime Atl.
NFL: Teams TBD, 11 p.m. AFN Prime Sports

Monday 10/18/10

UFC: Bisping vs Akiyama, Delayed Midnight AFN Xtra
NFL: Gameday, 7 a.m. AFN Sports
NFL: Indianapolis Colts @ Washington Redskins, Delayed 10 a.m. AFN Sports
NFL: Tennessee Titans @ Jacksonville Jaguars, Live
5:30 p.m. AFN Sports

ARTS & ENTERTAINMENT

'The Sports Lounge': Baseball in full swing

BY SGT. 1ST CLASS RAY CALEF
EXPEDITIONARY TIMES STAFF



What a great time of year it is to be a sports fan.

The National Football League is heating up. College Football is approaching the first Bowl Championship Series rankings after this weekend. The National Basketball Association and their upcoming 36-month season (oops...it only seems that long) are playing pre-season games, and National Hockey League teams have just begun their quest for the Stanley Cup.

What more could a sports nut like me wish for?

Oh yeah. How about some exciting, post-season baseball? Well, we have that as well, thank you very much. On two successive nights, star pitchers shone brightly with dominating and historic performances this past week.

The most significant was Roy Halladay's gem. He pitched his Phillies over the Reds in game one of their

National League Divisional Series, throwing the first no-hitter in over half a century of post-season baseball. Not since Don Larsen's memorable no-hitter during the 1954 World Series has there been one. Halladay also threw a no-hit, perfect game earlier in the regular season. Of his 104 pitches, he tossed 79 of them for strikes. All this against a Reds club that led the National League in nearly every offensive category.

Could that performance be topped? Not quite, but nearly as close. Tim Lincecum, ace of the San Francisco Giants staff, pitched a complete game, two-hit shut out win against the Atlanta Braves in their playoff opener, made all the more memorable by hurling 14 strikeouts, the most in the playoffs since 2000 when Roger Clemens had 15.

The intriguing thing about these two dominant performances is the possibility of a Halladay-Lincecum matchup in the National League Championship Series, provided they both make it past their respective rivals.

In the American League, the Yankees continued their dominant ways, sweeping two straight from the Twins in

Minnesota and their new stadium.

It's all over except for the shouting there. And if you will remember, back in August, I picked the Texas Rangers as a dark horse to reach the World Series for the first time ever. Lo and behold, they have a two-game lead over the Tampa Bay Rays after sweeping the first two games in their series, and now move to Arlington to try and close out an inexplicable series win against the team with the best record in baseball in the regular season.

Big news in the NFL this week was Randy Moss returning home to Minnesota and the Vikings. Moss started his career in with the Vikes and may well end it there. There was no secret that both Moss and Brett Favre had wanted to play on the same team for a while; they will get their chance now, in the twilight of their careers.

What remains to be seen is if Moss will wake up the so-far anemic Vikings' offense and catapult them to where they were last year. This corner thinks he will succeed.

This weekend we will get our first look at the BCS standings. Pencil in Alabama as No. 1 and Oregon No. 2.

'Scott Pilgrim vs. the World' is pleasant surprise

BY SPC. ZANE CRAIG
EXPEDITIONARY TIMES STAFF



"Scott Pilgrim vs. the World," the film based on a series of six graphic novels by Bryan Lee O'Malley, debuted in North America Aug. 13.

A videogame of the same name, also based on the graphic novel series, was released the same month for PlayStation Network and Xbox Live Arcade.

O'Malley was very involved with production of the film, according to Edgar Wright, the director, whose last film was "Shaun of the Dead."

I have to say, when I saw the preview for this movie back in the states, it did not grab me and make me want to spend \$8 and two hours of my precious time. But now that I'm here, the movies are free, my time belongs to the Army,

so I gave it a try. I'm very glad I did.

The basic idea of the movie is that the main character, Scott Pilgrim, must defeat the seven deadly exes of his love interest, Ramona Flowers. Scott is a 22-year-old bassist in the band "Sex Bomb-omb." He lives in a rented basement and has just started dating a 17-year-old high school student named Knives Chau. When he meets Ramona, he loses interest in Knives, but struggles to dissuade her interest in him.

Ramona's exes have formed a league to control the future of her love life, a slight exaggeration of a theme that is probably familiar to anyone who has ever dated. What sets this movie apart from boring reality, and from boring movies for that matter, is that Scott must confront each ex in the style of beating levels in a video game.

This movie is original in the way it combines the formats of film, graphic novel and video game to tell a story that

will seem familiar to most people.

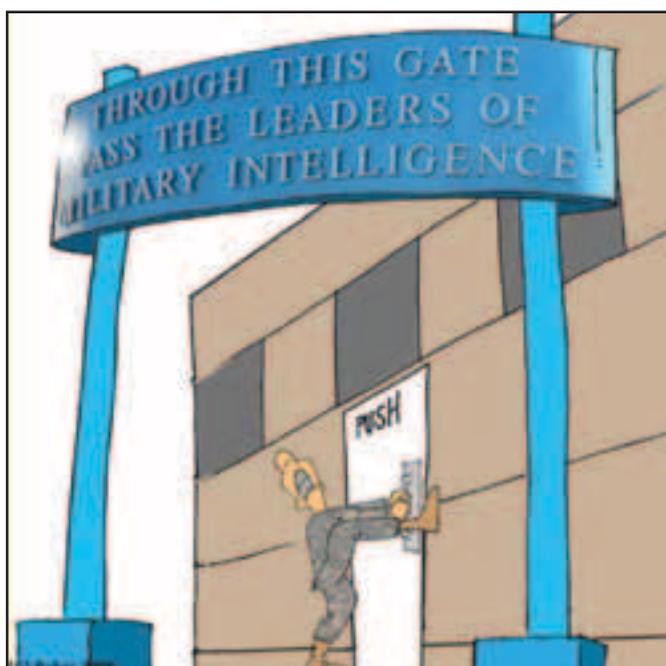
It also combines the genres of action and comedy without one aspect ruining the other. There are many witty one-liners and the action scenes feature unique and well-done effects that are probably similar to the video game version, though I haven't seen it.

Certain aspects of the movie, such as the text bubbles that appear occasionally or the fact that characters sometimes walk through doors in a house and then appear in a school, might annoy some people. But I would guess that if you like "Family Guy" and "Kill Bill" you would really enjoy this film.

In fact, I'll just go ahead and say I would recommend it to everybody. You may find yourself pleasantly surprised as I was.

Judging from all the laughter I could hear and faces I could see in the crowd, this movie is a winner.

PVT MURPHY'S LAW



Reel Movie Times

Wednesday October 13

5 p.m. Lottery Ticket (PG-13)
8 p.m. The Social Network (PG-13) 1st Run

Thursday October 14

5 p.m. The Social Network (PG-13) 1st Run
8 p.m. Vampires Suck (PG-13)

Friday October 15

6 p.m. The Expendables (R)
9 p.m. Secretariat (PG) 1st Run

Saturday October 16

2 p.m. The Last Exorcism (PG-13)
5 p.m. Secretariat (PG) 1st Run
8 p.m. The Expendables (R)
Midnight: Secretariat (PG) 1st Run

Sunday October 17

2 p.m. Secretariat (PG) 1st Run
5 p.m. The Expendables (R)
8 p.m. Takers (PG-13)

Reel Movie Times



U.S. Army Photo by Staff Sgt. Daniel Lichliter

Spc. Kevin Conner, a motor transport operator with 1st Platoon, 15th Transportation Company, 110th Combat Sustainment Support Battalion, 224th Sustainment Brigade, 103rd Sustainment Command (Expeditionary), and an Orlando, Fla., native, inspects a palletized load system flat-rack in preparation for the daily water mission Sept. 16 at Contingency Operating Base Adder, Iraq.

U.S. Army Photo by Sgt. 1st Class Rhonda Lawson



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

ABOVE: Richard Patrick, the lead vocalist for the band Filter, and a southern California native, rocks out with service members and contractor civilians during a concert for the band's "Loud and Proud" tour Sept. 23 in Memorial Hall at Contingency Operating Base Adder, Iraq.

LEFT: Sgt. 1st Class Kelvin Conyers, surgeon cell medical operations sergeant with the 3rd Sustainment Brigade, 103rd Sustainment Command (Expeditionary), and a Manning, S.C., native, demonstrates to Iraqi gate guards how to open the airway to check for breathing during a first aid course Sept. 26 and 27 at Joint Base Balad, Iraq.