



The Expeditionary Times

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Vol. 4 Issue 23

October 20, 2010

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Bank



Bank of Baghdad opens Tallil branch

Page 4

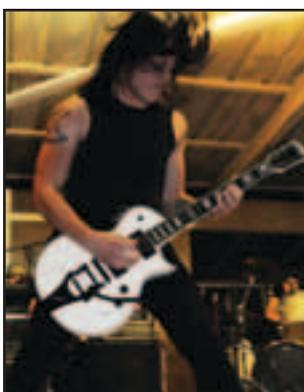
Astronauts



Legends of Aerospace tour

Page 5

Live Music



Queensryche plays for troops

Page 10



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

Soldiers with Headquarters and Headquarters Company, 224th Sustainment Brigade, 103rd Sustainment Command (Expeditionary), from Long Beach, Calif., line up to discuss and donate to charities during a Combined Federal Campaign-Overseas event held Oct. 4 in Memorial Hall at Contingency Operating Base Adder, Iraq.

Service members support charities

STORY BY
1ST LT. NATHAN LAVY AND
SPC GLEN BAKER
224TH SUSTAINMENT BRIGADE

CONTINGENCY OPERATING BASE ADDER, Iraq—

Soldiers with various battalions and companies from the 224th Sustainment Brigade, 103rd Sustainment Command (Expeditionary), gathered in support of the Combined Federal Campaign-Overseas Oct. 4 in Memorial Hall at Contingency Operating Base Adder, Iraq.

Secretary of Defense Robert Gates wrote in a letter addressed to service members and Department of Defense civilians serving overseas: "Your generous contributions are the backbone of a collective effort aimed at assisting communities across the nation and the globe."

Soldiers with the 2nd Squadron, 108th Cavalry Regiment, and Soldiers with the 110th Combat Sustainment Support Battalion and the 224th Special Troops Battalion, set up stations where Soldiers received various charity materials and information.

"One Soldier donated to Black Women's Health Imperative, and

another to Aids to Children, Youth, and Families," said Staff Sgt. Charman Gardner, an assistant squad leader with A Troop, 199th Brigade Support Battalion, 2nd Squadron, 108th Cav. Regt., and a Monroe, La., native. "I'm going to donate to four different ones. It doesn't have to be large amounts of money to make a difference."

Soldiers with Headquarters and Headquarters Company, 224th Sustainment Brigade, provided a lunch-serving line allowing Soldiers to eat and talk at their leisure, and share their reasons for donating.

Sgt. Jorge Anaya, an information management noncommissioned

officer with the 40th Quartermaster Company, 110th CSSB, and a Salinas, Puerto Rico, native, donated to Child Aid, which helps Latin America's poorest communities alleviate poverty through childhood literacy and education programs.

"I've been through extreme poverty," said Anaya. "I know what it's like. It's personal."

Pfc. Kyle Calkins, a supply support activity clerk with the 40th Quarter Master Company, and a Yuba City, Calif., native, said he is donating to the Children's Hospital Research Center.

CFC cont. page 5



Fire Prevention Week gives rise to several events promoting service members' awareness of its importance.

Page 8

Where do you read your Expeditionary Times?

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Recognizing heroes in your life

MAJ. SE WOO PARK
3RD SUST. BDE. CHAPLAIN



Before my deployment to Iraq, I used to drive from Fort Stewart to Columbus, Ga., almost every weekend for four months. It takes about 4 1/2 hours one way. I kept about ten CDs inside my car and listened to them while driving the long way. One of my favorite songs is "Wind Beneath My Wings" by Bette Midler, I especially like the ending: "You are my Hero." And these are some parts of this song.

*So I was the one with all the glory,
While you were the one with all the strength.
A beautiful face without a name; for so long,
A beautiful smile to hide the pain."*

I did not know this popular song even after joining the Army. One day I attended the Retirement Ceremony at Fort Benning, Ga., which was a monthly event for the installation. Before starting the ceremony they watched video clips that showed Soldiers' deployment and redeployment scenes with their families' hugs and tears. At that time, the background music was "Wind Beneath My Wings." This was my first time listening to this song. This song and the scenes of the Soldiers' separation from their families gave me a big shock for a long time, both emotionally and spiritually. I used to attend the ceremony to see the same scenes and to listen to the music.

Daniel Boorstin, historian, author, and Librarian of

Congress from 1975 to 1987, wrote, "In our world of big names, our true heroes tend to be anonymous. In this life of illusion and quasi-illusion, the person of solid virtues who can be admired for something more substantial than his well-knownness often proves to be the unsung hero: the teacher, the nurse, the mother, the honest cop, the hard worker at lonely, underpaid, unglamorous, unpublicized jobs."

Of course it is a blessing if a society has a hero; however, if each member of the society does not fulfill his or her individual job, the society cannot survive and there cannot be any kind of hero.

While the people of Israel were lost in the desert, Moses commanded his commander, Joshua, to fight against Amalekites (Exodus 17:8-16). During this war, Moses went to the top of the hill and raised his hands, and prayed. Joshua went out to the battlefield as a commander and the people of Israel fought the enemy under his command. Everyone, from Moses to the lowest footman, was a part of a great team for the war and its success.

Who are real heroes in our society? The people who work hard in factories or who study in the lab day and night for the advance of the technology? Those who do their best, especially our Soldiers in Iraq and Afghanistan, for the freedom of the world?

Think about the heroes in your life. They probably are good people who made a difference to you and others by doing good. Think about yourself. If you're trying to do the same, then you, too, just may be somebody's hero. Your commander is proud of you, and you are proud of him/her. America is proud of you, and you will be proud of yourself, because you are a hero.

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

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

Expeditionary Times is published weekly by the Stars and Stripes central office, with a circulation of 3,500 papers. The Public Affairs Office is located on New Jersey Avenue, Building 7508, DSN 318-433-2154. Expeditionary Times, HHC 103rd ESC, APO AE 09391. Web site at www.dvidshub.net.

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

Contact the Expeditionary Times staff at:
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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: Reviewing the new GO-1A

MAJ. ERIC VERHOEF
103RD ESC DEPUTY IG



Loyal readers of the Weekly Standard IG column may have noticed that the articles were a little more creative the past two weeks. This week, however, I need to go back to basics and discuss General Order Number 1A. When Gen. Austin took command of USF-I he issued a new GO-1A. There is very little difference between the latest GO-1A and the previous ones. And those differences can be summed up by what you learned in grade school and high school: Don't do drugs! GO-1A goes into great detail prohibiting many types of drugs.

Of particular concern are the synthetic cannabis or weed products. The most common name is *Spice* but there are many other names like *K2*, *Skunk*, *Spice Diamond*, *Spice Gold*, *Yucatan Fire*, and *Zohai*. Don't think you are smarter than the system by getting a new brand of synthetic cannabis that is not on the list. GO-1A also prohibits the chemicals found in all of the synthetic cannabis like HU-210, which stands for 1,1-dimethylheptyl-11-hydroxytetrahydrocannabinol; and JWH-018, which stands for 1-pentyl-3-(1-naphthoyl)indole. In addition to prohibiting the actual chemicals, GO-1A also has a catch-all statement: "Any

substance with the intent or reasonable belief that it may be used for the purpose of inducing excitement, intoxication, or stupefaction of the central nervous system of anyone."

Soldiers are caught all the time because the return address and/or the customs label, no matter how cleverly worded, are often probable cause for a search. The postal system and mail room clerks are watching, and when they find a suspicious package, the commander is notified, and then he or she calls the Military Police. The Soldier's CHU is also searched when a shipment of spice or similar product is discovered, and these searches uncover other prohibited items.

Some of those substances include:

- » Salvia Divinorum: often known as *Diviner's Sage*, *Magic Mint*, *Maria Pastora*, *Sage of the seers*, or *Sally-D*.
- » Mitragyna Speciosa Korth: often known as *Kratom*, *Thang*, *Kakuam*, *Ketum*, and *Biak*.
- » Amanita Muscaria mushrooms and any substance containing them.
- » Convolvulaceae *Argyrea Nervosa* in any form: often called *Hawaiian Baby Woodrose*.
- » Datura : often known as *Jimson Weed*, *Devil's Apple*, *Thorn Apple*, *Stinkweed*, *Moonflower*, *Malpitte*, and *Tolache*.
- » Dietary supplements that are banned by the United States Food and Drug Administration.

» Any prescription drug without a valid, current prescription

» Huffing. Not only is huffing not allowed by GO-1A, you are only allowed one can of refrigerant-based or compressed-air propellant cleaner in your living quarters. Two Soldiers sharing a CHU may each have a can.

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Combat Stress: About cognitive distortion

HM2 MICHELLE HOSTETLER
85TH COMBAT STRESS CONTROL



Cognitive Distortion. Sounds serious, huh? By breaking down the title, *cognitive* meaning "of, relating to, or being conscious of intellectual activity," and *distortion* meaning "twisting out of normal shape or form," *cognitive distortion* is a fancy way of saying that there are misperceptions in our thoughts.

Naturally, over the years, we have been "programmed" to think or react in a certain way. By recognizing these misperceptions, we can have better control of our actions and attitudes toward others in everyday situations.

Let's take a look at some examples of cognitive distortions.

» *Jumping to Conclusions*: Chuck is waiting for his date at a restaurant. She's now 20 minutes late. Chuck laments to himself that he must have done something wrong, and now she has stood him up. Meanwhile, across town, his

date is stuck in traffic.

Jumping to conclusions is interpreting events negatively, even though there is no evidence to support this conclusion. This can be done by either of the following:

Mind reading: Assuming that people are reacting negatively to you.

Fortune telling: You anticipate that things will turn out badly, and then convince yourself the prediction is an established fact. It is not fair to you or anyone else if you jump to conclusions before having all the facts. So next time you find yourself jumping to conclusions, sit back, relax, and wait for all the information to be collected before making the final decision.

» *Magnification and Minimization*: Scott is a member of a football team. He fumbles a play that he's been practicing for weeks. He later scores the winning touchdown. His teammates compliment him. He tells them he should have played better; the touchdown was just "dumb luck."

Looking through a telescope has the same effect. Look through it one way, everything is huge, the other, minuscule. Concentrate on the overall situation instead of focusing on

the details that went wrong or dismissing the positive as irrelevant.

» *"Should" Statements*: David is sitting in his office after a long day. He just found out he was passed over for a battlefield promotion. David sits stewing, thinking, "With as hard as I work around here, someone around here should take notice." He ends up feeling bitter and resentful.

» "Shoulda, coulda, woulda" statements often only lead to feelings of guilt. If something has already occurred, there is nothing to be gained by focusing on what was. Concentrate on the things you can improve on. And the things you can't change, accept as a learning experience and move on.

These are just a few examples of cognitive distortions that we all fall victim to. By being conscientious of our thinking habits, we will be able to slowly change our thoughts to be more positive and realistic, and thus make ourselves happier as a whole.

If you have any questions or would like to know more, please contact the 85th Medical Detachment Combat Stress Control at DSN 483-3385 located in the JMC.

Soldiers pursue education online while overseas

STORY AND PHOTO BY
CW3 ROBERT DEVINNEY
632ND HEAVY MAINTENANCE COMPANY

CONTINGENCY OPERATING BASE ADDER, Iraq—Soldiers with the 632nd Maintenance Company, 110th Combat Sustainment Support Battalion, 224th Sustainment Brigade, 103rd Sustainment Command (Expeditionary), usually spend their time tasked out doing missions.

They train for convoy security, securing entry control points, recovery missions, along with working in their various sections. Whether it is maintenance, electronics repair, shaping metal to make products, or repairing weapons systems, the 632nd Maint. Co. mission is to provide support. Even with all of this, Soldiers seem to be making the best of their down time.

Spc. William Ward, a wheeled vehicle mechanic with the 632nd Maint. Co., and a Newnan, Ga. native, has been working in his spare time to complete his degree in criminal justice online. Staff Sgt. Jason Kozak, an automotive platoon sergeant with the 632nd Maint. Co., and a Middleburg, Fla., native, is taking history classes and working toward a degree.

Soldiers can take online classes in Iraq to jumpstart their future in a field or degree of their choice. Their education can take them to new heights, such as law, engineering, or even right back into the military as a commissioned or warrant officer, depending on their preference. Taking advantage of educational opportunities while deployed is a stepping stone to Soldiers improving themselves now and for the future.



Spc. William Ward, a wheeled vehicle mechanic with the 632nd Maintenance Company, 110th Combat Sustainment Support Battalion, 224th Sustainment Brigade, 103rd Sustainment Command (Expeditionary), and a Newnan, Ga., native, takes classes online to complete his degree in criminal justice at Contingency Operating Base Adder, Iraq.



Lt. Col. Nicole Balliet, Contingency Operating Base Adder garrison commander with the 224th Special Troops Battalion, 224th Sustainment Brigade, 103rd Sustainment Command (Expeditionary), and an Atascadero, Calif., native, and Layla Adnan Yehia, executive director of the department of business development Bank of Baghdad, and an Al-Hilla, Iraq, native, cut a ribbon at the grand opening of the Bank of Baghdad's Tallil branch Oct. 6 at COB Adder, Iraq.

Bank of Baghdad opens for business in Tallil

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

CONTINGENCY OPERATING BASE ADDER, Iraq—

Soldiers and local Iraqi business professionals gathered to celebrate and officially open the Bank of Baghdad, the Tallil branch, Oct. 6 at Contingency Operating Base Adder, Iraq.



Following the opening of the Victory Base Complex branch on Sept. 29, the bank in Tallil will service those in southern Iraq and help develop surrounding cities; it will also allow Iraqis to bank on an international level. Funding for the project came from private investors.

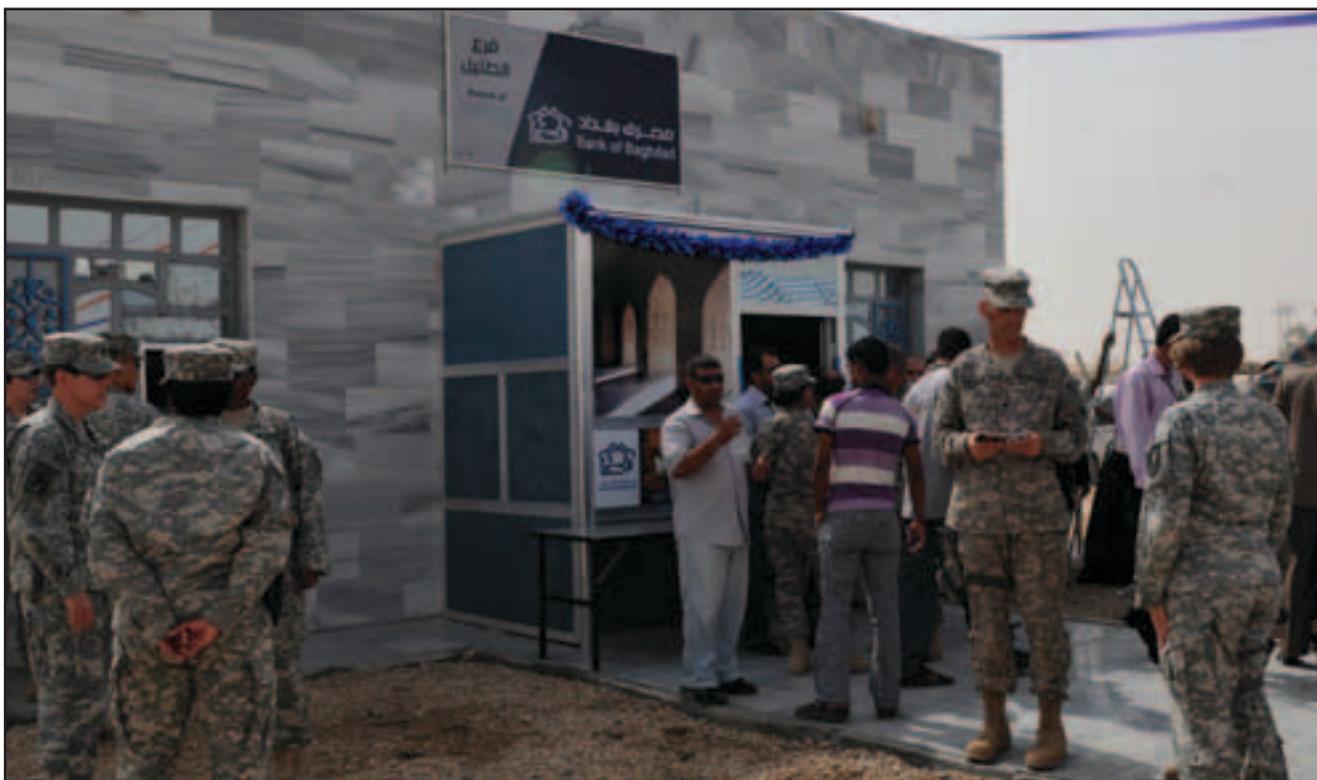
“Construction began in March, and to complete this project cost just under \$200,000 between the construction, furniture, equipment and vault,” said 1st Lt. James Chang, deputy director of personal services and community activities with the 224th Special Troops Battalion, 224th Sustainment Brigade, 103rd Sustainment Command (Expeditionary), and a Burbank, Calif., native.

Speakers at the ceremony included Col. Arthur Turnier, director of the 326th Financial Management Center, 1st Theater Sustainment Command, and a Crestline, Calif., native; Lt. Col. Nicole Balliet, COB Adder garrison commander with the 224th STB, and an Atascadero, Calif., native; and Layla Adnan Yehia, the executive director of the department of business development Bank of Baghdad, and an Al-Hilla, Iraq, native.

“What this bank means to the people of Iraq is a sound financial footing,” said Turnier. “What we [U.S. citizens] take for granted, normal banking activity, when we leave, will still be here.”

The Bank of Baghdad banks are the first of their kind in Iraq. “International banking is new here,” added Turnier. “Banks like this put Iraqi banking on an international level, which will allow international banking partners to invest in Iraq and further their development.”

The garrison command at COB Adder is responsible for



Soldiers and local Iraqi business professionals gathered to celebrate and officially open the Bank of Baghdad, the Tallil branch, Oct. 6 at Contingency Operating Base Adder, Iraq.

all Iraqi Based Industrial Zone vendors, and has assisted many vendors in securing a presence on COB adder.

“The local IBIZ vendors will now have corporate banking ability,” said Balliet. “It was an honor and privilege to be part of history. This was the last of the IBIZ vendors that we have been working to secure their presence on COB Adder.”

There are many new and local advantages the bank provides to Iraqis, including electronic funds transfers, online banking, and off-site banking.

“For example, I can deposit money in Baghdad and withdraw it here [Tallil],” said Chang. “That is a huge step for them.”

After completing their speeches, Balliet and Yehia cut the ribbon blocking the door's entrance, symbolizing the bank was officially open for business. Inside, the Soldiers and Iraqi business professionals gathered to share lunch, drinks, and a cake.

“This is a big step forward because this bank will be an enduring business,” said Chang. “Where most companies are here short term, this bank is here for the long term, and for Iraq.”

In her concluding remarks, Balliet said, “In the spirit of Operation New Dawn, we continue to build partnerships and encourage innovation with the Iraqi people.”

Legends of Aerospace meet service members

STORY BY
SPC. ZANE CRAIG
EXPEDITIONARY TIMES STAFF

JOINT BASE BALAD, Iraq— Every year, on the second Monday in October, Americans celebrate Columbus Day to mark the anniversary of Christopher Columbus's arrival in the Western hemisphere, and a meeting of worlds that brought some civilizations to an end, while giving rise to new ones. Many centuries later, that new civilization matured and sent explorers of another generation to a new world, the moon.

Neil Armstrong, Capt. Jim Lovell, and Capt. Gene Cernan, astronauts who have been to the moon and back, shared their experiences with service members Oct. 11 in a panel discussion moderated by David Hartman, the first host of ABC's Good Morning America, in the Sustainer Theater at Joint Base Balad, Iraq.

Hartman and the three astronauts are participating in the Legends of Aerospace tour, visiting U.S. troops in Europe and Southwest Asia. The astronauts began the discussion with the first Apollo mission, which ended in the tragic loss of the three astronauts on board. Rather than let this tragedy scuttle the mission, the astronauts and the nation drove on to reach President Kennedy's goal of sending a man to the moon and back by the end of the decade.

"We were the first people to see the earth as it really is: a small body tucked away in a corner of the solar system," said Lovell. "Everything we knew on earth was behind your thumb."



U.S. Army photo by Spc. Matthew Keeler

Capt. Gene Cernan (front), Neil Armstrong, and Capt. Jim Lovell shake hands and greet service members during their visit Oct. 11 at Joint Base Balad, Iraq. The visit was part of the Legends of Aerospace tour, during which they have been visiting U.S. service members in Europe and Southwest Asia to discuss their experiences from the first Apollo mission and its impacts on their lives, all the way to where they are today, thanking "a new generation for its service."

Perhaps this new perspective explains the incredible humility of the three men who achieved so much. Each man talked about building upon the successes and learning from the failures of all the previous missions. Neil Armstrong, the first human to walk on the moon, credits Apollo 8 as the most important of all the Apollo missions.

"I think it made the most significant contribution to progress in space because

they, for the first time, escaped the earth's gravitational pull and they proved that humans were not forever chained to this planet," said Armstrong.

Lovell is famous not for having walked on the moon (he hasn't) but for leading the crew of Apollo 13 safely back to earth after an oxygen tank ruptured and severely damaged the electrical system.

"You'd be surprised how quickly you

learn in a tough situation," said Lovell, referring to how he and his crew jury-rigged the air system and used the lunar module as a "lifeboat."

Cernan said that Lovell and his team's actions reflected the "American ingenuity" to get the job done.

Cernan is the last man to have ever walked on the moon, but he said he remains optimistic that, after 40 years and with no concrete plans, humans will return, as long as future generations enjoy the same freedoms and opportunities in education the U.S. offered to his generation.

That is the reason the American heroes came to Iraq to speak to service members, to thank a new generation for its service.

"This was the highlight of my deployment," said Spc. Brian Higgins with the 103rd Sustainment Command (Expeditionary), and a Wichita, Kan., native. "I'm not a space guy, but I saw Apollo 13 and the story and their determination grabbed me. I've seen other celebrities here, but these guys are the real thing, they made a difference."

Air Force Staff Sgt. Ivan Trejo with the 362nd Expeditionary Reconnaissance Squadron, and Salinas, Calif., native, said it was a great honor to meet the astronauts. "As they said, it's not what we've done but others have done before us that make our lives possible," he said.

Armstrong left the service members with inspiring remarks, urging them to never stop pursuing and exploring their dreams.

"I did not believe humans would go into space during my lifetime," said Armstrong, who was born in 1930. "You have to have the courage to accept change and be part of it."



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

Capt. Alexandria Frey, the director of personnel services and community activities with the 224th Special Troops Battalion, 224th Sustainment Brigade, 103rd Sustainment Command (Expeditionary), and Sgt. Choua Xiong, a personnel and administrative noncommissioned officer with 224th STB, and a Stockton, Calif., native, discuss which charities they will be donating to during a Combined Federal Campaign-Overseas event held Oct. 4 in Memorial Hall at Contingency Operating Base Adder, Iraq.

CFC from page 1

"Last year I lost my son to a premature birth," said Calkins. "Certain measures could have been taken. If there were measures to save premature babies earlier, then my son could be here.

"He was 22 weeks and 3 days when he was born. As of now, technology puts viability at 24 weeks before they can be saved. Research could also be done for better medicine for the mother. It means a lot to give to this. Maybe someone else won't have to go through this...It's changed my whole life."

1st Lt. Norman Hayes, the joint visitor's bureau officer-in-charge with HHC, 224th Sust. Bde., and a Richmond, Calif., native, also donated because of a loss of a close family member.

"My sister, Charmaine, died of cerebral palsy," said Hayes. "I always make it a point to donate to organizations that help cerebral palsy patients. I was a part of the High O'Brian Youth Foundation. They mentor tomorrow's leaders: high school students. I donate every opportunity I get."

Soldiers donate for so many different reasons; some personal, and others who just generally like helping. Everyone is encouraged to donate.

"The 2010 CFC-O Charity Listing contains more than 2,300 organizations working to address many critical needs around the world," said Gates in his letter. "Many of these charities may have helped you, your family, or your friends. If you have never participated in the campaign, please join us. If you have given in the past, I thank you for your support and invite you to participate again this year. Choose charities that you feel passionate about and know that through the CFC-O you will help someone in need."

For more information, visit www.cfcoverseas.org.

Mechanics maintain vehicle readiness, safety



Spc. Maggie Coonce, a mechanic with the 3rd Battalion, 156th Infantry Battalion, 3rd Sustainment Brigade, 103rd Sustainment Command (Expeditionary), and a Lake Charles, La., native, mounts explosive-formed projectile panels on a mine resistant ambush protected vehicle. The mechanics with 3-156th Inf. Bn. often work for several hours a day to ensure that vehicles are fully mission-capable.

STORY AND PHOTO BY
SGT. JOVAN WASHINGTON
156TH INFANTRY BATTALION

JOINT BASE BALAD, Iraq— For most Soldiers deployed in support of Operation Iraqi Freedom and Operation New Dawn, tactical vehicles are the primary mode of transportation in theater. The vehicles, which include Mine Resistant Ambush Protected vehicles and the Heavy Expanded Mobility Tactical Truck wrecker, are essential to a safe mission.

However, tactical vehicles often become immobile or non-mission-capable due to long patrols, battle damage, dusty and rough terrain, and extreme heat. When a vehicle goes down, it hinders the mission and jeopardizes Soldiers' safety. When this occurs, wheeled vehicle mechanics are called to duty.

Often exhausted and drenched in sweat with their Army Combat Uniforms covered in oil and grease stains, the wheeled vehicle mechanics with the 3rd Battalion, 156th Infantry Battalion, 3rd Sustainment Brigade, 103rd Sustainment Command (Expeditionary), work diligently, day and night, to "keep the wheels in the sand turning."

The maintenance team consists of 12 mechanics whose primary duty is to handle the maintenance and repair of light and heavy tactical vehicles and select armored vehicles. They repair or service roughly six to eight vehicles on any given day,

depending on the convoy mission schedules. Repairs and services range anywhere from changing a 600-pound tire to replacing explosive-formed projectile door panels, to simply changing bolts. Parts are ordered and shipped from various places and are often shipped by convoy. Convoys travel around the clock, transporting equipment, gear, and supplies.

"A fully mission-capable vehicle is... essential when moving from FOB [forward operating base] to FOB," said Spc. Ruben Cormier, a mechanic with the 3-156th Inf. Bn., and a Ragley, La., native.

When a convoy returns from a mission, the first stop is the motor pool through the Technical Inspection line. The Soldiers conduct preventive maintenance checks and services on their vehicle, and a mechanic from the shop checks the vehicle's overall condition, ensuring there are no leaks or faults that could cause the vehicle to become non-mission-capable. Soldiers rely heavily on their equipment because their lives depend on it.

There is little room for error for the mechanics, and failure can cost lives, said Spc. Darrell Cox, a mechanic with the 3-156th Inf. Bn., and an Iowa, La., native.

"The team's success has a lot to do with their ability to work together proficiently with limitations, as well as their willingness to complete the mission despite being faced with short notice deadlines and heavy repair demands," said Chief Warrant Officer 3 Gregory Chance, the maintenance officer-in-charge with the 3-156th Inf. Bn.

Convoy preparation takes time, careful planning

STORY AND PHOTO BY
STAFF SGT. CONSTANCE A. OBERG
394TH COMBAT SUSTAINMENT SUPPORT BATTALION

CONTINGENCY OPERATING BASE SPEICHER,

Iraq— Preparing to send Soldiers out on a convoy requires more than jumping into the driver's seat of the truck and taking off down the road. There is preparation involved before the trucks even leave the staging area.

Prior to the convoy moving out, a commanders risk-assessment meeting is held for key personnel from the units in order to provide them with the latest intelligence, weather and route clearance schedules. That information is then passed on to the Soldiers.

Capt. Kevin Morgan, battalion electronic warfare officer with the 394th Combat Sustainment Support Battalion, 3rd Sustainment Brigade, 103rd Sustainment Command (Expeditionary), and Muscatine, Iowa native, also goes out to each convoy staging area two hours prior to leaving. He ensures the Counter Remote Control Improvised Explosive Device Electronic Warfare, (CREW) systems are functioning.

"I make sure the company CREW specialists are doing their jobs," said Morgan. "I check all the trucks and make sure all their Counter IED equipment is functioning properly. The companies have CREW specialists that conduct preliminary checks on their trucks to make sure everything is right."

The battalion also sends a CREW specialist to support the company specialist if they need assistance.

"The CREW systems are basically like the armor plating on the trucks," said Pfc. Bradley D. Eisenhauer, a signal support system specialist with the 394th CSSB, and a Bloomfield, Neb., native. "The difference is you can't actually see that armor and what it's protecting you from."

Random checks are important for ensuring proper CREW system maintenance in each truck.

"Our mission is to spot-check trucks, which is the same as what the CREW specialist does," added Sgt. Joel S. Lowther, an information systems operator analyst with the 394th CSSB, and a Wahoo, Neb. native. "We go out to the staging yard and pick different trucks that the CREW specialist from the company has checked. By randomly spot checking and quizzing the CREW specialist, we can make sure that they know what they are doing."

Making sure the vehicles are prepared to roll out is only one part of getting the convoy ready. Every mission has a convoy brief where all the Soldiers get on the same page with each other. Meals are also provided so no one heads out on the road hungry.

The unit chaplain also goes out to the staging area.

"After the convoy brief while the Soldiers are assembled, I am able to give a short word from the Bible and a prayer before they leave on their mission," said 1st Lt. Joshua A. Cox, a chaplain with the 394th CSSB, and a Leon, Iowa, native. "I am there to talk with the Soldiers also. I am down at the staging lanes to provide a ministry of presence to any Soldier or civilian who may want to talk to a chaplain."

Soldiers are not required to be there for the chaplain's brief, but most do stay and listen. Cox said he feels that the Army has many fine men and women serving who desire to be nurtured spiritually and their mission does not always allow them to be at the chapel on Sunday. He added that he provides them "a piece of spiritual pie" at the convoy briefs.

Cox said he feels it is a great joy and privilege to be able to serve the outstanding service members who put their lives on the line every day for the completion of the mission.

"There is no other place I would rather be serving in the ministry than right here, being able to serve full time both my country and my God," said Cox.

It takes a lot of work to prepare for a mission, even with the long hours involved in getting the convoy ready to head out on the road. Many of the Soldiers say they love what they do and are excited to have the opportunity to go on missions.



Pfc. Bradley D. Eisenhauer, a signal support system specialist with the 394th Combat Sustainment Support Battalion, 3rd Sustainment Brigade, 103rd Sustainment Command (Expeditionary), and a Bloomfield, Neb., native, and Capt. Kevin Morgan, battalion electronic warfare officer with the 394th CSSB, and a Muscatine, Iowa, native, check a Counter Remote Control Improvised Explosive Device Electronic Warfare (CREW) system prior to leaving the convoy staging area.

Ceremony certifies CRY workers for future jobs

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

JOINT BASE BALAD, Iraq— More than 300 local Iraqi workers earned certificates from the Iraqi Ministry of Labor and Social Affairs Oct. 7 at Joint Base Balad, Iraq, certifying them as professional welders, carpenters or painters.

“These certificates symbolize completion of training, learning and the mastering of skills to use outside of U.S. bases and throughout Iraq,” said Spc. Abony Scott, head administrative clerk at the Container Repair Yard (CRY) with the 289th Quartermaster Company, 13th Combat Sustainment Support Battalion, 3rd Sustainment Brigade, 103rd Sustainment Command (Expeditionary), and a Gladys, Va., native. The certificates are important because they give these citizens the necessary tools needed to find a successful career or start a business of their own.

“This is another symbol of hope for the bright future of Iraq,” said Scott.

The workers are part of a project run by the Miran Village Company in conjunction with the U.S. government.

“The project has many goals, including the provision of monthly income of 500 Iraqi families in 17 cities surrounding the vicinity of Joint Base Balad,” said Hashim Abdulmir Mahdi, director of the Miran

Village Company. “It has also achieved greater social stability and increased the security of eliminating unemployment while advancing community workers with expertise and efficiency.”

Workers repair containers shipped from all over Iraq to the JBB CRY. They are then made seaworthy so the military can use them to ship excess equipment and materials to Kuwait, or back to the U.S., Afghanistan or wherever the excess may need to go.

“Each container costs roughly around \$6,000 to \$9,000 to purchase, but only costs \$800 to \$900 to repair,” said Staff Sgt. Jose Martinez, noncommissioned officer-in-charge of the JBB CRY with the 289th QM Co., and a Del Rio, Texas native. “We save the Army more than \$9 million per month by repairing 2,000 containers a month.”

The CRY and Miran Village Company have been key partners in the logistical support of United States Forces-Iraq, said Col. Shawn Morrissey, commander of the 3rd Sustainment Bde., and a Boston native.

“Mr. Hashim and these workers from 17 villages have rebuilt almost 24,000 containers since August 2008,” said Morrissey. “That is correct; 24,000 containers and [have] provided more than 450 well paying jobs in the process.”

Mr. Hashim said he is very proud of the work his employees have accomplished over the past few years and is even more proud of the way the workers have improved their own lives and the lives of those around them.

Before this project, he said many families’ salaries averaged around \$200 for the entire

family. Now, one worker makes almost three times that per month, said Mr. Hashim during the ceremony. He added that with the income the workers are making at the CRY, 50 percent of single workers have been able to marry, 75 percent have bought new cars or built a new house, and 100 percent have benefited from a good salary and the improvement of family living standards.

Several distinguished guest attended the ceremony, including Mohamed Hasan Mahmud, the governor of Aldujail, Iraq; Shawkat Abdulrahman Ahmed, the governor of Yathrib, Iraq; and Jassim Abdul Amir Abdul Jalil, the Representative of the Ministry of Labor and Social Affairs, who awarded the workers with their official certificates.

“I hope similar companies have a chance to walk in the footsteps of the Miran Company, a company that actually contributed and excelled in its work,” said Jalil. “It is reassuring that all workers are masters in their careers and completed their training, preparing and proving them efficient in their work. We can only complete their efforts by giving them certificates of professional competence.”

Mr. Hashim thanked the U.S. Forces in Iraq, all of the Iraqi government dignitaries and most importantly, the workers.

“This pleases me greatly to see that society has brought a brighter future for us,” he said. “...We can go home to our families and we have a good profession that enables us to find a job, even after the end of the project... This is more than I have ever dreamed.”



Staff Sgt. Jose Martinez, Container Repair Yard (CRY) noncommissioned officer-in-charge with the 289th Quartermaster Company, 13th Combat Sustainment Support Battalion, 3rd Sustainment Brigade, 103rd Sustainment Command (Expeditionary), and a Del Rio, Texas, native, shakes hands with a local Iraqi worker with the Miran Village Company, who repairs containers for U.S. Forces, during a ceremony held Oct. 7 at Joint Base Balad, Iraq. The ceremony certified the CRY workers as professional welders, carpenters or painters.

Vietnam vet inspires deployed troops

STORY AND PHOTO BY
SPC. GLEN BAKER
224TH SUSTAINMENT BRIGADE

CONTINGENCY OPERATING BASE ADDER, Iraq— Service members were treated to a visit from Dave Roeber, a Comprehensive Soldier Fitness speaker and Vietnam Veteran, who spoke Oct. 2 at the post chapel on Contingency Operating Base Adder, Iraq, where he described how he overcame personal tragedy through resilience and humor.

Roeber, 63, president and CEO of the Wounded Warriors Alliance, and a Fort Worth, Texas native, who is also a former Navy Seal who was wounded in Vietnam, has been speaking to service members since he left the hospital in 1971. He described what first inspired him to give speeches to service members.

“There was a Vietnam Veteran on the side of the road on an off-ramp, standing and holding a sign, begging, and it just overwhelmed me and I said, ‘We will never do this to our Soldiers again,’” said Roeber. “We brought them home from Vietnam with disgrace and dishonor and it’s time that we get it right. We will never dishonor our troops again. That’s why I picked up the torch as I saw it to be and I ran with it; I made sure that in this country they know they are loved and appreciated.”

Roeber was injured July 26, 1969, in Vietnam as he threw a white phosphorus hand grenade. A sniper shot the grenade and it exploded, severing Roeber’s thumb and burning the right side of his face.

Roeber told service members that they can overcome tragedy by being resilient and by using humor.

“When you get hurt, how are you going to deal with it?” he asked. “How do you deal with loss of limbs and loss of identity? I got out of the valley of weeping by humor and laughter. My main message is the speech by Winston Churchill, when he said, ‘Never, never, never give up.’ That was the whole speech and I want that to be my theme: Don’t ever give up.”

Roeber, who has been married to his wife for 44 years, explained the value of relationships. “I’d rather go through 10 Vietnams than go through one divorce,” said he said. “You don’t have to surrender your relationship.”

Staff Sgt. Jonathan Canedo, a chaplain’s assistant with the 224th Sustainment Brigade, 103rd Sustainment Command (Expeditionary), and a Whittier, Calif. native, explained how Roeber’s speech inspired him.

“It was incredible that someone like him that gave so much to his country would say ‘thank you’ to us,” said Canedo. “At the luncheon, he said, ‘They may injure you or take a



Dave Roeber, Vietnam Veteran and inspirational speaker, and a Fort Worth, Texas, native, explains to service members how he overcame tragedy through humor during his visit Oct. 2 to the post chapel at Contingency Operating Base Adder, Iraq.

limb, but don’t let them take your soul.”

Roeber gave some final advice to deployed service members: “Phone home, E.T. [extra-terrestrial],” he said. “Stay in touch with your family or whoever’s close to you, and the second thing is, stay in touch with God. Don’t be too proud to ask God to help you. It’s all about communication.”

Awareness

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

CONTINGENCY OPERATING BASE ADDER, Iraq—



Col. Lisa Costanza, commander of the 224th Sustainment Brigade, 103rd Sustainment Command (Expeditionary), and a Long Beach, Calif., native, and Col. James Linder, commander of the 407th Air Expeditionary Group, and a Satellite Beach, Fla., native, signed a Joint Fire Prevention Proclamation Oct. 4 at Contingency Operating Base Adder, Iraq.

By signing the joint proclamation, the senior commanders reinforce to Soldiers, Airmen and residents of COB Adder that they are committed to the safety and security of all those living and visiting there. The purpose of Fire Prevention Week, Oct. 3-9, is to reduce the occurrence of fires, fire-related deaths, and injuries through prevention and proper education.

“The Army and Air Force teaming up in support of Fire Prevention Week shows a unified effort in the prevention of fires,” said Costanza. “As in all things in the current operational environment, when units team up, wonderful things can happen,” she explained.

Linder said that the joint venture is important because fire awareness is critical to all members of COB Adder. “If you consider how dry everything is here, you realize it is all kindling,” he said. “Everything in your CHU can be ablaze in seconds. We have the responsibility of taking care of our resources; the most important one is our people.”

A leading advocate and promoter of fire prevention week, Tech. Sgt. Michael Champion, assistant chief of fire prevention with the 407th AEG, and a Lansing, Mich. native, spoke to the Airmen and Soldiers in attendance about the significance of the proclamation.

“Fire Prevention Week originated from the Great Chicago fire in 1871, where much of the city burned,” said Champion.

Fire Prevention Week was established in 1922 to commemorate the Great Chicago Fire. It runs every year during the second week of October.

Staff Sgt. Michael Osada, a fire inspector noncommissioned officer-in-charge with the 407th AEG, and a Guam native, said that it is the oldest safety campaign that is federally sponsored every year.

In a message to Soldiers and Airmen, Costanza said, “Many fires can be prevented and YOU Soldiers and Airmen must do your part to prevent fires.”

Airmen from the Ali Fire Department on COB Adder will be conducting various training events during Fire Prevention Week, including fire warden and fire extinguisher training.



Tech. Sgt. Michael Champion, assistant chief of fire prevention with the 407th Air Expeditionary Group, and a Lansing, Mich. native, spoke to senior commanders, Airmen and Soldiers about the significance of a joint Fire Prevention Proclamation Oct. 4 during Fire Prevention Week at Contingency Operating Base Adder, Iraq.

‘Many fires can be prevented, and YOU Soldiers and Airmen must do your part...’

-Col. Lisa Costanza



Col. Lisa Costanza, commander of the 224th Sustainment Brigade, 103rd Sustainment Command (Expeditionary), and a Long Beach, Calif., native, and Col. James Linder, commander of the 407th Air Expeditionary Group, and a Satellite Beach, Fla., native, signed a joint Fire Prevention Proclamation Oct. 4 during Fire Prevention Week at Contingency Operating Base Adder, Iraq.

spreads like wildfire



Soldiers with the 319th Transportation Company, 110th Combat Sustainment Support Battalion, 224th Sustainment Brigade, 103rd Sustainment Command (Expeditionary), carry a hose during a fire muster competition during Fire Prevention Week Oct. 3 near Memorial Hall at Contingency Operating Base Adder, Iraq.



Airmen with the 407th Air Expeditionary Group run and carry a dummy during a fire muster competition as part of Fire Prevention Week Oct. 3 near Memorial Hall at Contingency Operating Base Adder, Iraq.

STORY AND PHOTOS BY
SPC. GLEN BAKER
224TH SUSTAINMENT BRIGADE

CONTINGENCY OPERATING BASE ADDER, Iraq—



Soldiers, Airmen, and civilian contractors kicked off fire prevention week with a team competition

featuring firefighting activities Oct. 3 near Memorial Hall at Contingency Operating Base Adder, Iraq.

The fire muster event was hosted by Airmen from the 407th Air Expeditionary Group to increase awareness of fire prevention week, which took place Oct. 3-9.

Team "Wreckerz" with the 319th Transportation Company, 110th Combat Sustainment Support Battalion, 224th Sustainment Brigade, 103rd Sustainment Command (Expeditionary), won a plaque for completing the course with an average best time of 1:54.

There were four teams, but only two competed: Team "Wreckers" and the Army Corps of Engineers. The Air Force firefighter team and a civilian contractor team participated for fun.

Tech. Sgt. Michael Champion, assistant chief of fire prevention with the 407th AEG, and a Lansing, Mich., native, explained the history of the fire muster.

"The idea is to kick off fire prevention week," said Champion. "The fire muster goes back a long way. Back in the days when they had bucket brigades...fire companies would get together and compete just for fun, maybe have dinner and beers and just talk about people's lives and how their neighboring districts were doing, just as an event to get different firefighting companies together."

Today, the events are a little more contemporary than when the bucket brigades competed.

"We're doing a dummy drag," said Champion. "They're going to grab it underneath the arms and drag it down to the end [of the course]. They're going to do a hand-over-hand hose pull. They're going to deploy this hose by first rolling it up, and then they're going to fling it out to get it to a hydrant. Then, they're going to grab a hotel high-rise pack hose and run through the serpentine [course of orange cones]." Champion explained that a hotel pack is designed to be brought up several floors of a building.

Chief Master Sgt. Michael Cavalero, a fire chief with the 407th AEG, and a Medford, N.Y., native, explained what inspired the

event.

"It's fire prevention week, so we wanted to put something together to show the public some of the things that we do," said Cavalero. "When you do this course just in regular clothing, you realize that this is going to be more difficult when you put 80 pounds of gear on, once you put the personal protective gear and air pack on."

Cavalero also explained the purpose of fire prevention.

"The goal is to give people a better understanding of fire prevention and what we do," he said. "The reason we're in the station all the time practicing these emergencies is because we only get one chance to do it right. So when we respond to a fire, if we're not doing it right the first time, it's hard to recover from that, so there's a lot of pressure on the guys to set up right and make their attacks on the fire the way they're supposed to."

The course itself was somewhat complex and challenging for the competing teams.

"What they're going to do is something similar to what the ESPN Challenge is; we just don't have a five-story staircase to go up," said Cavalero. "These things simulate what we do in an actual fire. We'll be dragging hose, rolling hose, dragging dummies, shooting targets. It's gonna be a fun day... There are two teams: the Army Corps and the Army Maintenance teams. You guys will battle it out, but it's really for fun and enjoyment."

Spc. Mitchell Jones, a mechanic with the 319th Trans. Co., and an Interlachen, Fla., native, said it was a lot of fun and good exercise. "It's good camaraderie and a team-builder."

Pfc. Robert Jarvis, an automated logistics specialist with the 319th Trans. Co. and an Augusta, Ga., native, described what inspired him to attend the event. "I wanted to show support for my platoon," he said. "It's very informative seeing what firefighters do and how they train up."

Jarvis said that his favorite event was the dummy drag. "It's just funny to watch people drag it around," he said.

Cavalero said that service members interested in firefighting must attend school at Goodfellow Air Force Base in San Angelo, Texas, and pass the basic course.

"It's about 6-8 weeks, and then they go to the field fully trained," said Cavalero. "I was recently down there in March and I've done the course with the young Airmen. I preach to the guys that they need to do it, and I'm out there doing it with them. I can still do it, so the expectation is that they do it better."

Queensrÿche draws inspiration from troops

STORY AND PHOTOS BY
SPC. GLEN BAKER
224TH SUSTAINMENT BRIGADE

CONTINGENCY OPERATING BASE ADDER, Iraq—



Service members were treated to the music of the progressive, heavy-metal rock band Queensrÿche at a concert Oct. 4 near Memorial Hall at Contingency Operating Base Adder, Iraq.

The event gave service members a chance to have fun, enjoy themselves and take a break from their daily activities.

“The concert was great,” said Maj. Armando Corral, contracting officer with the 224th Sustainment Brigade, 103rd Sustainment Command (Expeditionary), and a Whittier, Calif. native. “I had seen them 26 years ago. They sounded just as good as back then. I thought it was important that he [Geoff Tate, band member] talked about the significance of the album and the personal meaning for Soldiers and Airmen behind the songs they played.”

Corral compared the importance of Queensrÿche playing at COB Adder as opposed to other bands.

“It was more significant because I grew up listening to this band and already had a history with them,” said Corral. “I think it was outstanding that they performed for an hour and 45 minutes, which meant that they enjoyed the crowd here at COB Adder.”

Queensrÿche features Geoff Tate on lead vocals and saxophone, Michael Wilton on lead and rhythm guitar and backing vocals, Parker Lundgren on lead and rhythm guitar and backing vocals, Eddie Jackson on bass guitar, and Scott Rockenfield on drums and percussion. All band members are from Seattle.

Tate explained what inspired the band to perform for service members in Iraq.

“We’d been trying to get here for three years with all sorts of problems and obstacles and cancellations,” said Tate. “In fact, we weren’t even expecting to come here this year. We were working on a new record. Jeff Thornton [a music promoter] from Lone Wolf [Entertainment] called us out of the blue and said, ‘I’m taking many bands and artists into Iraq. Would you guys be interested in going?’ And we said, ‘Absolutely. Just tell us where and when and we’ll be there.’ He put the whole thing together in a month. I think it’s important to support the troops whenever you can.”

“We play a lot of military bases in the States and Europe. We want Soldiers who are serving overseas to know that people at home care about them and what they’re doing, to give them a break from the monotony of their day, to put a smile on their face, maybe make them think about the first time they heard one of our songs way back in the day. It’s a little bit of home that we like to offer.”

Tate described how he first became interested in writing an album about American Soldiers.

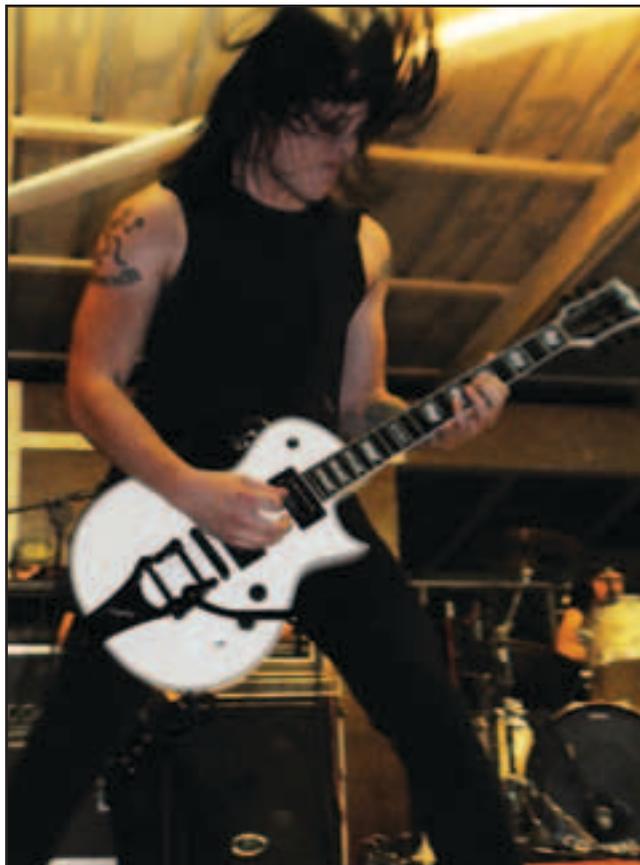
“My dad was career military,” said Tate. “He served in Korea and Vietnam. I’d always asked him about his experiences in war all through my years growing up, and he never really talked about it. So there were these unanswered questions in my mind growing up. Right around 2006, I was visiting him in Pomona [Calif.], where he lives now. We were sitting on the back porch drinking some iced tea and we kind of started talking about Korea in the mid-50s, and I stopped him and I said, ‘Dad, I’ve been waiting all my life and I’d really like to videotape this.’ And he said, ‘Oh, yeah grab your video recorder.’ So we sat out there for a few hours that day and he told me about all his experiences in Korea and Vietnam. So I taped the whole thing.”

Tate described how he collected interviews from Soldiers for Queensrÿche’s album, “American Soldiers” (2009).

“A couple of weeks later I was home and I was playing the tape back for my kids,” Tate added. “My wife was the one that suggested it. She said, ‘You should write a song about your dad. It would be really interesting.’ My wife was in the Army, the military police, so she sort of had an affinity for the Armed Forces as well. The more I thought about it I thought, ‘What an interesting song it would be.’ Well, it turned out to be an entire album. Having listened to my dad’s



Queensrÿche, a progressive, heavy-metal band from Seattle, performs for service members Oct. 4 on the Adder Commons stage at Contingency Operating Base Adder, Iraq. Queensrÿche features Geoff Tate on lead vocals and saxophone, Michael Wilton on lead and rhythm guitar and backing vocals, Parker Lundgren on lead and rhythm guitar and backing vocals, Eddie Jackson on bass guitar, and Scott Rockenfield on drums and percussion.



Parker Lundgren, lead guitarist and backing vocalist for the progressive, heavy-metal band, Queensrÿche, and a Seattle native, performs for service members during a concert Oct. 4 near Memorial Hall at Contingency Operating Base Adder, Iraq.



Michael Wilton, rhythm guitarist and backing vocalist for the progressive, heavy-metal band, Queensrÿche, and a Seattle native, performs for service members during a concert Oct. 4 near Memorial Hall at Contingency Operating Base Adder, Iraq.

stories and talking with my brother-in-law who also served in Vietnam, I got kind of curious about what it would be like to talk to Soldiers from other conflicts. Would there be any similarities in their stories?”

After that, Tate said he started talking to other people he knew, which led to more stories from more Soldiers. He started videotaping the Soldiers’ stories so that the band could compile them into a record.

Tate described how Queensrÿche composed the album.

“We started composing music to the actual story we were told,” said Tate. “It ended up being an album of collected

stories from Soldiers. It looks at war through the Soldier’s eyes, rather than a Hollywood version, which tends to glamorize things and make things not so real. We wanted to stay away from any kind of political angle with the album. So we wanted to tell the story from the Soldiers’ perspective. None of us had ever served, so we couldn’t really say anything about it. We’d be speculating from a platform of complete ignorance. So we figured the best way would be to let the Soldiers do the talking, so that’s what we did.”

Queensrÿche’s next studio album is tentatively scheduled to be released in Spring 2011.

Soldiers reflect on deployment's positive impact

STORY BY

SGT. JORGE ANAYA

40TH QUARTERMASTER COMPANY

CONTINGENCY OPERATING BASE

ADDER, Iraq— As the end of their tour nears, several Soldiers with the 40th Quartermaster Company, 110th Combat Sustainment Support Battalion, 224th Sustainment Brigade, 103rd Sustainment Command (Expeditionary), from Schofield Barracks, Hawaii, took time to share lessons learned from their deployment Sept. 26 at Contingency Operating Base Adder, Iraq.

The Soldiers said they wanted to share their deployment experiences so other Soldiers can relate and realize that they are not alone with changes taking place.

"This is my first deployment, and one

of so many things I learned here was being able to adapt," said Sgt. Sharonda Artry, an empty container collection point noncommissioned officer with the 40th QM Co., and a Memphis, Tenn., native. "I have performed many duties not usually associated with my MOS [military occupational specialty]. My insight in learning different skills is a positive one. I benefit from it because, as an NCO, it makes me more versatile and my unit benefits from it because it allows me to not only train those in my MOS, but in other areas as well."

Artry said that cross training on new skills allows the unit to fulfill its mission more effectively because her additional skills give her a better understanding and more ability to fill gaps where needed.

"I would say I learned to be more patient and resilient," said Spc. Gloria Adams, a supply clerk with the 40th QM Co. and a San Diego native. "Working long hours, restric-

tions, heat, and terrain, besides not having your family around for support can take a toll on Soldiers as human beings; the help from my fellow Soldiers and leaders made it easier dealing with these bearable issues."

Adams said hardships only serve to make her stronger, for it will let her mentor Soldiers in the future when she becomes a leader.

"Accountability," said Pfc. Justin Ford, an operations clerk with the 40th QM Co. and a Campbellsville, Ky. native, "Back in garrison [the U.S.], we don't always carry additional sensitive items around. Soldiers can misplace sensitive items because they are things that they are not accustomed to always having in their possession. These experiences help develop character and instill responsibility in each individual Soldier."

Ford said he believes that even the smallest detail matters when you're deployed because

it helps to be confident when leading troops. Leaders must know how to instruct Soldiers.

"I'm a heavy equipment operator but am currently assigned to the motor pool, so I was taught not only to operate machinery, but how it works," said Spc. Justin Barry, a heavy equipment operator with the 40th QM Co., and a St. Louis, Mo., native. "I was in the Air Force for two years before joining the Army. I used to repair air conditioners in the Air Force. Now I know how to repair and troubleshoot trucks and other equipment. I had good instructors and they taught me a lot of things I needed to look for. Picking up an additional skill is priceless."

The Soldiers shared their experience to show that the Army helps create flexible, creative and knowledgeable personnel. More skills and talents mean a more diverse and competent person, not only in the military, but it is also valuable in the civilian workforce.



Unit's deployment presents challenges, rewards

STORY BY

CAPT. DAVID HANKINS

60TH ORDNANCE COMPANY

CONTINGENCY OPERATING BASE ADDER, Iraq

As the Soldiers of the 60th Ordnance Company, 110th Combat Sustainment Battalion, 224th Sustainment Brigade, 103rd Sustainment Command (Expeditionary) from Fort Carson, Colo., approach the end of their deployment,

many Soldiers in the company took time to reflect on all the different missions they've completed in support of Operation Iraqi Freedom and Operation New Dawn.

"When we arrived last year, there was a lot of moving ammunition," said Staff Sgt. Alan Zenz, a receiving noncommissioned officer with the 60th Ord. Co., and a Grants Pass, Ore., native. "Many units were turning in their excess ammunition that had been hoarded over the past seven years. It was a big time for amnesty turn-ins."

Spc. David Warren, a unit movement specialist with the 60th Ord. Co. and a Boston native, said that it took almost three months for the work to slow down so they could take a break.

"The unit was split between two separate Ammunition Supply Points (COB Adder and Camp Liberty), managing three-quarters of the ammunition in Iraq," said Warren.

In March, the 60th Ord. Co. from Fort Carson, Colo., was tasked with the unique mission of providing Crash Fire Rescue support to Contingency Operating Station Garry



U.S. Army photo by Staff Sgt. Brandon Harris

Firefighters with the 60th Ordnance Company, 110th Combat Sustainment Support Battalion, 224th Sustainment Brigade, 103rd Sustainment Command (Expeditionary), finish extinguishing a fire in June at Contingency Operating Station Garry Owen, Iraq.

Owen, Iraq. The unit's CFR team was well-prepared to take on this mission.

"Even though we didn't have a CFR mission when we deployed, we brought all our gear and were fully trained to take on the job," said Staff Sgt. Brandon Harris, a lead firefighter with the 60th Ord. Co., and a Nashville, Tenn., native.

"When the call came down, we jumped at the opportunity. Running our own fire station was the best training these young firefighters would ever get," he added.

The month of May marked the halfway point through the deployment, and some interesting changes had taken place for the 60th Ord. Co. "Our platoon at Camp Liberty was tasked to close down that ASP and take on the Corps Storage Area on Joint Base Balad," said 1st Sgt. Stanley Bolton, first sergeant of the 60th Ord. Co., and a Beaumont, Miss., native.

"They quickly reduced the munitions on hand down to a fraction of the original size and moved north," he added. "The real challenge was taking on an entire company's mission at JBB with only a platoon. Once they did that, we became the only ammunition company left in Iraq."

Another unique mission came up for the 60th Ord. Co. in the month of June.

"We were tasked to provide field-feeding to COS Scania between the time the civilian contractor cooks left and the official closure of the base," said Sgt. Joel Robinson, a food services NCO with the 60th Ord. Co., and an Augusta, Ga., native. "It was quite a change of pace moving off of COB Adder out to such a tiny base. It was only a couple months, but I enjoyed my time there."

With the end of Operation Iraqi Freedom in August and the established cap on U.S. Forces in theater, the Soldiers with the 60th Ord. Co. were required to downsize and redeploy one platoon to Ft. Carson, Colo.

"The workload didn't change, but we had to make it happen anyway," said 1st Lt. Christopher Weyant, executive officer of the 60th Ord. Co., and a Colorado Springs, Colo., native. "Our motto quickly became 'Do More with Less.'"

Now the Soldiers are looking forward to their unit's relief-in-place and giving another unit an opportunity to excel.

Prayer luncheon offers inspiration, teaches life lessons

STORY BY

SGT. 1ST CLASS RHONDA LAWSON

3RD SUSTAINMENT BRIGADE

JOINT BASE BALAD, Iraq

The 3rd Sustainment Brigade, 103rd Sustainment Command (Expeditionary), held its monthly prayer luncheon Sept. 16 in the

Sgt. Audie Murphy Room at Dining Facility 1 at Joint Base Balad, Iraq.

The event, hosted by the 13th Combat Sustainment Support Battalion, 3rd Sust. Bde., offered members of the unit a chance to build a fellowship together while learning a few lessons on life and leadership.

Capt. Mark Johnston, a chaplain with the

13th CSSB, and an Opp, Ala., native, was the guest speaker for the event. He relayed his approach to life lessons by using humor to share experiences he learned as a child.

Following a scripture reading by Sgt. 1st Class Zandra Parker, the personnel noncommissioned officer in charge with the 13th CSSB, Johnston recounted life stories like his desire as a 9-year-old boy to have a BB gun, the same one the character Ralphie wanted in the movie "A Christmas Story." He swore he never shot his eye out, but he did manage to shoot out the window of his uncle's car with someone else's BB gun. Fear overtook him, and he ran away and cried knowing he would be punished and would have to pay for the window. But instead of his uncle getting upset and giving him the punishment he deserved, he

consoled him and ensured that he learned a lesson from the incident.

"He said, 'When you're shooting something, you have to be sure what's on the other side of what you're shooting,'" he said Johnston. "But there was a bigger lesson; it was about grace. I deserved to get a whipping. I deserved to pay for that window. I deserved a lot of things that day that I didn't get, but I wouldn't remember all of that. I would remember the grace that my Uncle Jack gave me. One thing you need to remember, not just with your Soldiers, but with your children or spouse, is that sometimes they need a little break, too."

He later recounted another story about his grandfather who was a preacher.

"I learned that if you really want to break through to people, you've got to get them to

laugh a little bit," he said. "Humor is a great tool to use."

As he ended his speech, Johnston listed a number of lessons of life, beginning with "sometimes you are wrong."

"Face it, admit it," he said. "Learn to apologize. It's okay to say 'I'm sorry.' You won't die from it."

Johnston listed other rules of life, ranging from the self esteem, to trusting God, to having faith. While many Soldiers seemed to relate to the lessons, perhaps no one did more than Col. Shawn Morrissey, commanding officer of the 3rd Sust. Bde.

"I try to command like I parent," said Morrissey in his closing remarks. "Being humble is the message that I got out of this today. I try to apply the Golden Rule to my leadership."





What is 'dealer holdback'?

SGT. 1ST CLASS RAY CALEF
EXPEDITIONARY TIMES STAFF



I wanted to take you in a different direction this week regarding our *Help!* column because, let's face it, some of us need a lot of help with buying things we want or need, and do not know the first thing about the buying process.

Soldiers returning from long deployments usually have quite a bit of cash they have saved and set aside for different things. Many of them purchase vehicles when they return home, and, as many already know, that purchase will usually be the second most expensive purchase they will make in their lives, next to a home.

I have some experience buying vehicles; it is kind of a hobby of mine to help my friends or family in the buying process. Many people are uncomfortable haggling over the price of a car or truck, but as you will see, even a little research can save you hundreds, even thousands of dollars, off a purchase.

I have bought close to 40 vehicles over the last ten years, and each experience had one common denominator: coming prepared when visiting the dealership. Today, I wanted to share information regarding a thing called "dealer holdback."

You ever notice dealerships that will advertise vehicle prices at or just under invoice? Invoice is typically the price the dealer pays the manufacturer to maintain an inventory for his lot, as well as special ordering for a customer.

This is normally a very good price, and I usually tell folks to take that deal. However, it is rare. It is important to know holdback when negotiating the final price of your vehicle when there isn't a sale. Take, for example, a 2011 Ford Mustang, six-cylinder. Typically, it is well-equipped for \$25,000.

A holdback is essentially money the dealership has paid the manufacturer above and beyond the purchase price, usually 3% of the total invoice price of the vehicle. That money is then "kept" by the manufacturer until the vehicle is purchased by the consumer. Based on my example, that Mustang would net the dealership an additional \$750.00. The dealership uses that money a number of different ways, from defraying advertising costs, assisting with overhead, or helping with sales such as the aforementioned invoice-or-below pricing.

Knowing this, you are coming from a position of power when bargaining for the vehicle you want. I guarantee most people you meet either have not heard of dealer holdback, or if they have, are not sure what it is.

Keep in mind that, in spite of this bargaining power, it does not mean that a dealership is not entitled to profits. Depending on the situation, some dealers will make less on a certain vehicle and much more on another. It simply means that you know that the dealer is still making money off of you, even by selling you a vehicle at invoice pricing.

It is rare that I do not buy a vehicle at invoice. Worst case scenario is a couple hundred dollars over. What you need to try to avoid is using your old vehicle as a trade for the new one, which essentially changes the equation completely. I've seen dealers rip up a signed deal when a trade is mentioned. More on that next week.

Word on the Street

Why do you think it is important to vote, even overseas?



"I think it is important to vote even overseas because we are in the military and we should be an example to everyone, especially the kids who look up to us. Basically it's a right we're fighting for."

Pfc. Kenard Gillard, a quarter-master and chemical equipment repair specialist with the 540th Quartermaster Co., 13th Combat Sustainment Support Battalion, 3rd Sustainment Brigade, 103rd Sustainment Command (Expeditionary), and a Charleston, S.C. native



"It's important to vote because no matter where you are, you should be allowed to express your opinion about who's a good leader."

Spc. Josh Hunter, a utilities equipment repair specialist with the 540th Quartermaster Co., 13th Combat Sustainment Support Battalion, 3rd Sustainment Brigade, 103rd Sustainment Command (Expeditionary), and a St. Louis, Mo. native



"We in the military make up less than one percent of the population and it's important for us to have a say in what goes on with the people making the decisions that affect us."

Spc. Angela Scibila, a laundry and bath supply specialist with the 540th Quartermaster Co., 13th Combat Sustainment Support Battalion, 3rd Sustainment Brigade, 103rd Sustainment Command (Expeditionary), and a Buffalo, N.Y., native

RUGGED REMEMBRANCE 5K RUN



To honor those who lost their lives in the Ft. Hood shooting on November 5, 2009.

Where: Holt Stadium, Joint Base Balad, Iraq

When: 5 November 2010 @0600

Sponsored by the 36th Engineer Brigade (JTF Rugged)
POC: SFC Loren Miller, email: loren.miller@iraq.centcom.mil

(T-shirts will given to the first 400 finishers)

THEATER PERSPECTIVES

“The battlefield consequences of the release of these documents are potentially severe and dangerous for our troops, our allies and Afghan partners.”

Defense Secretary Robert Gates, regarding the leak of Afghan war logs

“Energy reform is about protecting the lives of our troops. It’s about making our country more secure and more independent.”

Navy Secretary Ray Mabus’ statement during a panel discussion on military improvement for energy efficiency

“The men and women in uniform are strongly supported by the American people...”

Admiral Mike Mullen, chairman of the Joint Chiefs of Staff, during an interview with Bloomberg TV regarding the positive change in support for the Veterans of the Iraq and Afghan wars from wars past

“We continue to serve with them (Iraqi’s), to advise, train and assist them, but their forces are in the lead and have been in the lead and they’ve been doing quite a good job.”

USF-I Spokesman Brig. Gen. Jeffrey Buchanan, in an interview with WLW Cincinnati Radio, regarding the current role of U.S. Forces in Iraq

“The goal is not to have female soldiers accentuate their curves, but... it alleviates some of the excess material”

Maj. Sequana Robinson, regarding a combat uniform currently being tested, which was designed to fit a female’s figure

U.S. NAVY CELEBRATES ANOTHER YEAR

Sailors, and other service members worldwide, celebrated the U.S. Navy’s 235th birthday Oct. 13, recognizing centuries of defending and “maintaining freedom of the seas,” as dictated in the Navy’s mission statement. With its roots in the American Revolutionary War, the Navy has come a long way since its founding. Today, the Navy serves as a valuable asset in the American foreign and defence policy, maintaining a strong presence throughout the world, deploying to such areas as East Asia, the Middle East, and the Mediterranean, and responding to regional crises on the home front.

- The Navy operates 289 ships in active service and more than 3,700 aircraft.
- The U.S. Navy is the largest in the world, with a battle fleet tonnage greater than that of the next 13 largest navies combined.
- As of August 2010, the Navy has more than 330,700 Sailors on active duty and almost 103,000 in the Navy Reserve.
- The Navy Mission Statement:
“...to maintain, train and equip combat-ready Naval forces capable of winning wars, deterring aggression and maintaining freedom of the

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

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

TEST YOUR KNOWLEDGE

1. What breakfast cereal was Sonny the Cuckoo Bird "cuckoo" for?
2. Black-eyed peas are not peas. What are they?
3. Under what name did the Domino's Pizza chain get its start?
4. What was the name of Cheerios when it was first marketed 50 years ago?
5. What flavor of ice cream did Baskin-Robbins introduce to commemorate America's landing on the moon on July 20, 1969?
6. What nation produces two thirds of the world's vanilla?

1. Cocoa Puffs 2. Beans 3. Domitnick's 4. Cheerios 5. Lunar Cheesecake 6. Madagascar

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. 20, 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 Jui-Jitsu: Mon., Wed., Fri., 8-9 p.m. Abs-Aerobics: Tue., Wed., 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. Monday, Wed., 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. Sunday 8 p.m. H6 RECRE- ATION CENTER Bingo: Sunday 8 p.m. Texas	Hold'em: Mon., Fri., 2 p.m., 8:30 p.m. 8-ball tourney: Tuesday 2 a.m., 8:30 p.m. Ping-pong tourney: Tuesday 2 a.m., 8:30 p.m. Spades: Wednesday 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 8:30 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: Tuesday 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. WEST FIT- NESS CENTER 3 on 3 basketball tourney: Saturday 7:30 p.m. 6 on 6 volleyball tourney: Friday 8-10 p.m.	7 p.m. Aerobics: Mon., Wed., Friday 7 p.m. Body by Midgett Toning Class: Tue., Thu., 7 p.m. Dodge ball Game: Tuesday 7:30 p.m. Furman's Martial Arts: Mon., Wed., Sun., 1 p.m. Gaston's Self-Defense Class: Fri., Sat. 7 p.m. Open court basketball: Thursday 7 p.m. Open court soccer: Mon., Wed., 7 p.m. Zingano Brazilian Jui Jitsu: Tue., Thu., 8:30 p.m. CIRCUIT GYM Floor hockey: Mon., Wed., Fri., 8-10 p.m.
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UPCOMING SPORTS ON AFN



Wednesday 10/20/10

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 10/21/10

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 10/22/10

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 10/23/10

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 10/24/10

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 10/25/10

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': A little of everything

BY SGT. 1ST CLASS RAY CALEF
EXPEDITIONARY TIMES STAFF



Gotta love the Gamecocks! Well, if you aren't an Alabama fan, that is. South Carolina did what Arkansas failed to do, which was seal the deal on an Alabama team which looked surprisingly vulnerable, beating the former No. 1 Crimson Tide 35-21, and ending their 19-game winning streak, changing the equation for much of the Southeastern Conference.

Suddenly, that dream matchup of Alabama vs. Ohio State is gone, and the SEC is wide open. LSU and Auburn sit atop the league at 6-0, both with daunting schedules the rest of the way.

Speaking of Ohio State, they bounced back from a lackluster performance on the road against Illinois to pound Indiana at the Horseshoe, 38-10, and vaulting into the top spot in the rankings. Michigan took it on the chin after playing a team with a real defense, Michigan State, getting throttled 34-17 in Ann Arbor.

Heisman favorite Denard Robinson was intercepted three times, and MSU gained more than 550 yards against the Wolverines' porous defense, enabling them to remain

unbeaten.

Boise State and TCU continued their winning ways, remaining unbeaten in their quest for a national title shot. As reported prior, their schedules may hold them back from attaining a spot in the National Championship game, possibly to a one-loss team.

Moving on to the National Football League, the surprising Kansas City Chiefs were finally beaten, once again assuring the 1972 Miami Dolphins remained as the only unbeaten, untied team in NFL history.

It has become a tradition that members from that squad come together for a champagne toast when their place in history is realized each season. The longest they ever went prior to hoisting their glasses, of course, was the 2007 season, when New England went unbeaten until the Super Bowl, where they were upset by the New York Giants to continue the Dolphins streak.

Surprising starts so far in the NFL? Kansas City sits at 3-1, Chicago at 4-1, and Atlanta and Tampa Bay at 4-1 and 3-1 respectively.

Other surprising starts are the Dallas Cowboys and Minnesota Vikings, but not in a good way. Both sit at 1-3. They play this weekend in Minneapolis, in what is being called the Panic Bowl. Only five teams in NFL history have

come back from a 1-4 start to make the playoffs.

Whoever loses this game will have to go 9-2 just to finish 10-6, which may not guarantee them a spot in the playoffs. By the time you read this, the result will be in, and the winner will be the Vikings, simply because they are playing at home.

One final, not regarding the NFL, the Saints are 3-2 and looking up at two other teams. If you will remember, I predicted a little over a month ago in this column that the Saints would not repeat. It is early, but the Saints have already lost their second game, which did not take place last year for the defending Super Bowl champions until week 16.

Major League Baseball is down to their final four. The American League Championship series features the Yankees against the surprising Rangers, my pick to make some noise in the post-season. They won their first series in franchise history by beating the Rays. Alas, reality strikes for Texas, as the Yanks win it in six games.

The National League Championship Series is heavy on pitching. Game 1 should be a gem, with Roy Halladay of the Phils matching up against Tim Lincecum's Giants. Take the favorites to make the World Series. Phillies in six. More next week

'Vampires Suck': The name speaks for itself

BY SGT. 1ST CLASS KEVIN ASKEW
EXPEDITIONARY TIMES STAFF



I must be honest before I start my review of this movie. I do not go to movies very often; typically when I go, it is with my wife and the movie is of her choosing. The only reason I pay for satellite TV is for the Outdoor Network and Versus, if not for these two channels, I would not waste my money. So a movie aficionado, I am not.

That being said, "Vampires Suck" truly lives up to its name; it truly does suck. The entire movie is a spoof of all

the vampire shows that are drawing ratings on television: "Buffy the Vampire Slayer," "True Blood," "Twilight," and the "Vampire Diaries," just to name a few. The movie references all these in an off-the-cuff, sarcastic, meant-to-be-funny way, that is, if you follow any of the above sagas.

The movie is set in a high school environment, starting off with a scene from the prom where Edward, the star and lead vampire, exposes himself to the morning sun by walking onto a stage, starts removing all his clothing, with a disco ball covering his privates.

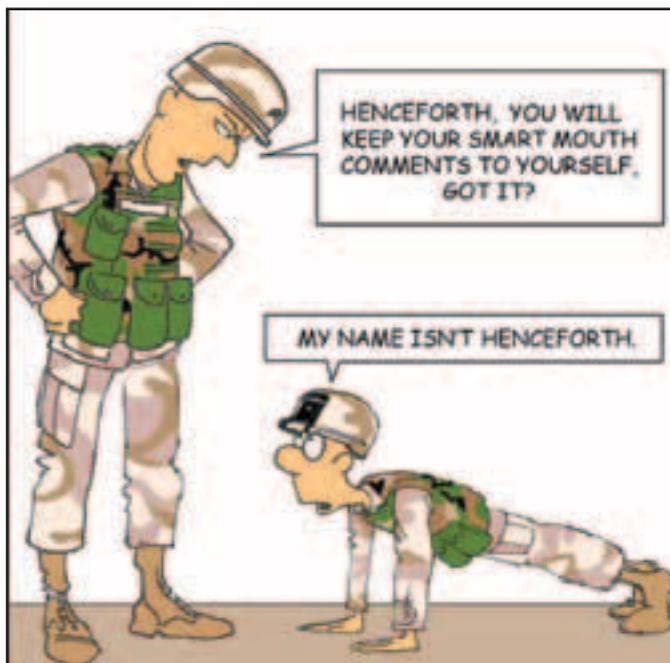
Noticing all this, his girlfriend, Becca, flesh-and-blood human, Edward being her "true love," runs toward him, leaps off a person's back, continues her flying leap until she

reaches Edward, and announce her undying love for him, all the while ushering him off stage to get dressed and away from the sun.

Sounds riveting, doesn't it? It doesn't get any better, and yes Becca does become a vampire. You guessed it, bitten by Edward so that they may remain in love forever. Truly romantic ending if you are into these trilogies.

So unless you have an hour and a half of your life that you don't want to ever get back, don't waste it on this movie; spend it on something productive, such as sleep, reading a book, or working out at the gym. All these activities will produce the same, if not better, results than watching this movie.

PVT MURPHY'S LAW



Reel Movie Times

Wednesday October 20

5 p.m. The Last Exorcism (PG-13)
8 p.m. Secretariat (PG) (1st Run)

Thursday October 21

5 p.m. Secretariat (PG) (1st Run)
8 p.m. Takers (PG-13)

Reel Movie Times

Friday October 22

6 p.m. Machete (R)
9 p.m. Red (PG-13) (1st Run)

Saturday October 23

2 p.m. Going the Distance (R)
5 p.m. Red (PG-13) (1st Run)
8 p.m. Machete (R)
Midnight: Red (PG-13) (1st Run)

Sunday October 24

2 p.m. Red (PG-13) (1st Run)
5 p.m. Machete (R)
8 p.m. Going the Distance (R)

Reel Movie Times



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

Lt. Col. Nicole Balliet, Contingency Operating Base Adder garrison commander with the 224th Special Troops Battalion, 224th Sustainment Brigade, 103rd Sustainment Command (Expeditionary), and an Atascadero, Calif., native, presented Layla Adnan Yehia, the executive director of the department of business development Bank of Baghdad, and an Al-Hilla, Iraq, native, with a certificate of appreciation after speaking to Soldiers and local Iraqi business professionals at the grand opening of the Bank of Baghdad, the Tallil branch, Oct. 6 at COB Adder, Iraq.

U.S. Army Photo by Sgt. Jovan Washington



U.S. Army photo by Spc. Glen Baker

ABOVE: Contractor civilians run and carry a dummy during a fire muster competition during Fire Prevention Week Oct. 3 near Memorial Hall at Contingency Operating Base Adder, Iraq.

LEFT: Spc. Darrell Cox, a mechanic with the 3rd Battalion, 156th Infantry Battalion, 3rd Sustainment Brigade, 103rd Sustainment Command (Expeditionary), and an Iowa, La., native, performs maintenance on a Mine Resistant Ambush Protected (MRAP) vehicle. The mechanics with the 3-156 Inf. Bn. often work several hours each day to ensure that vehicles are fully mission-capable.