



The Expeditionary Times

Proudly serving the finest Expeditionary service members throughout Iraq

Vol. 4 Issue 24

October 27, 2010

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Sgt. Carl Helkey, a mobile distribution team yard supervisor with the 289th Quartermaster Company, 13th Combat Sustainment Support Battalion, 3rd Sustainment Brigade, 103rd Sustainment Command (Expeditionary), and a Ft. Hood, Texas, native, directs Spc. William Nevins, a fork lift operator at the Fixed Material Redistribution Team yard with the 289th QM Co., and a Huntingdon, Pa. native, as he lifts a vehicle off of a flatbed truck to be sorted on Amnesty Day Oct. 19 at the MRT yard at Joint Base Balad, Iraq.

Amnesty Day relieves units' excess gear

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

JOINT BASE BALAD, Iraq— The Joint Base Balad Fixed Material Redistribution Team yard, run by the 289th Quartermaster Company, 13th Combat Sustainment Support, 3rd Sustainment Brigade, 103rd Sustainment Command (Expeditionary), held a three-day-long Amnesty Day Oct. 19-21 for units across the base to drop off all their excess equipment and gear, relieving those units of much frustration.

"Amnesty Day evolved out of the need for units to be rid of their excess gear and equipment that they have lying around their area of opera-

tions," said Maj. Michael Halley, officer in charge of support operations with the 13th CSSB, and a Cedar Rapids, Iowa, native. "Go ahead and pack that stuff up, send it to us and we'll take care of the rest."

The F-MRT yard is a place specifically designed for units from all over Iraq to bring all of the excess equipment that has been piling up over the past seven years, said Halley. It is a central collection point so gear can be sorted through and shipped off to its proper destinations, saving the Army more than \$7 million a week.

"Since May 1, the brigade has turned in more than \$134 million-worth of equipment," said 1st Lt. Kyle Sissom, F-MRT yard OIC with the 289th QM Co., and a Merriam, Kan., native. "So we're really saving the Army a lot of money."

Although the F-MRT yard is open every day for units to bring equipment, the Amnesty Day

was a way to create awareness for the yard and give units a specific time and date to bring by their unwanted gear, continued Sissom.

"This day was just for units on JBB, but we will take containers from any unit, from any forward operating base, at any time," said Halley.

Sometimes units are unable to get their excess equipment from their location to JBB, but that is where the mobile teams of the MRT are useful, said Halley.

"We send these mobile [material] redistribution teams to outlying FOBs [forward operating bases] to collect all of the excess cargo, and bring it back to JBB to be sorted and shipped off," he said.

Once the equipment hits the yard, it is sorted and sent to the different agencies on JBB, Kuwait

AMNESTY cont. page 12

Runners from all over Iraq meet at JBB to participate in the official Army Ten-Miler Shadow Run

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Where do you read your

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COB Taji:
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For distribution, contact
the 103rd ESC PAO at
Joint Base Balad, Iraq

e-mail: escpao@iraq.centcom.mil

Focus on blessings while deployed

CAPT. THERON WATSON
3-156TH INF. BN. CHAPLAIN



I remember the old days when we deployed with all of our gear. We traveled with two duffle bags, a medium rucksack (unless you were cool and had a large ruck and frame) and a personal book bag that had to be a subdued color.

That was it. Everything I needed to be successful fit in these bags. Unit equipment was shipped much the same way it is today, in large containers, unit packs, etc. We traveled to far-away places around the globe and accomplished the mission. My, how times have changed. We now travel with three duffle bags, a truck box, a large rucksack, an assault pack, a personal bag and a computer bag. And, all these bags are full. I packed like I was going to the field. I was prepared to live rough. I packed a few extra things in case something wore out or broke. I even brought survival gear. What was I thinking?

Things certainly are different than I remember them 18 years ago when I first started my military journey. Now, instead of living in the field out of a vehicle or fox hole we live in personal rooms (containerized housing units). We have electricity to power our appliances, electronics and games. We have air conditioning in our rooms, offices and latrines. We have pallets of clean, bottled water always available. We have clean, running water. We don't even have to clean the latrines ourselves. We have consistent access

to food and modern conveniences like the Internet, phone service and transportation available all the time. Where once we had phone banks at the Morale, Welfare and Recreation facility, we now have rows of computers. Before, we had to write letters and wait for the mail to send and receive word from home, now we have access to the Internet to send and receive messages and pictures instantly. There are buses, non-tactical vehicles and paved roads to get us to and from where we need to go. There is so much more available than there was just a few short years ago. Things certainly have changed.

Yes, deployments are long and they are stressful, but take a look around -we are so blessed. Do not overlook the blessings available by focusing on the things you do not have. There are huge concentrations of people around the world that do not have a fraction of the modern conveniences made available to many of the FOB's in Iraq. Not only has living been made as easy as possible, we have a job. We have consistent pay. We have a sense of purpose and accomplishment. Our friends are around, and greatest of all, we receive the love and support of our family and friends back home. We use the modern conveniences not known just a few short years ago to stay in contact with each other. They can peer into our world and see and know that we are okay. We can look back, into the world we left behind and know that everything is as we remember it. There is certainty in that. What more do we need? We are so blessed.

For other thoughts and reflections, check out my blog: churchwhereyouare.org

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

EXPEDITIONARY TIMES

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

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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: Service will be rewarded

MAJ. ERIC VERHOEF
103RD ESC DEPUTY IG



"A soldier will fight long and hard for a bit of colored ribbon."

-Napoleon Bonaparte

Love 'em or hate 'em, awards are part of the military. And just between you and me, even those who say they hate them, secretly want them as much as the next guy. According to Army regulation, "the goal of the total Army awards program is to foster mission accomplishment by recognizing excellence of both military and civilian members of the force, and motivating them to high levels of performance and service." Also, it is the United States Forces-Iraq commander's intent that every Soldier, Sailor, Airman, Marine, and DoD civilian who honorably completes a tour of duty in Iraq is appropriately recognized for his or her service.

Sometimes we are our worst enemy. What does that mean? The commander cannot give you an award for service in Iraq if you are overweight. There are only two answers for this problem: More PT, drill sergeant! And, of course, less time in the dining facility. For other flagging issues, you need to talk to your chain of command.

Here are some other random thoughts designed to keep

everybody informed, which means less work for the Inspector General team with Soldiers questioning the awards process. This does not imply that the IG does not want Soldiers to come to them if they have questions, that is why we are here.

The DA form 638, "Recommendation for Award," must continue up the official chain until it hits the approval authority. This means that a company commander may not just disapprove an award and return the form. He may recommend disapproval and then continue it up the chain. The approval authority of the award has the final say. That commander may approve, disapprove, approve a lower award, or even recommend a higher award.

Soldiers who fail an Army Physical Fitness Test are still eligible for awards in accordance with Army Regulation 600-8-2, paragraph 1-15. Also, all Soldiers are eligible for the Purple Heart and some awards for valor, regardless of flagging. If you have a Soldier who may be eligible for a Purple Heart or valor award, see the S1/G1 section for details.

Units are recommended to hold award boards. This will help keep the process fair. A technique is to do the boards with names blanked out.

While each Soldier will get an award for service for his or her duty in Iraq, commanders should not be afraid to give out impact awards. This can be a medal, but it can also be a coin or a certificate from a battalion commander. Don't forget, those certificates are worth promotion points to young

Soldiers.

So what to do with that lone Sailor or Airman in an Army formation? Not only are they eligible for Army awards, they should receive one just like the Soldiers in your formation. The paperwork just takes an extra couple of weeks to complete, so plan accordingly.

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Combat Stress: Simple ways to remove stress

HM2 MICHELLE HOSTETLER
85TH COMBAT STRESS CONTROL



Stress. We all hate it. We all want it to go away. But in all actuality, stress is an essential part of our lives. Tasks would not be completed if it wasn't for stress. There wouldn't be an achievement in excelling if stress didn't exist. But when stress consumes our lives and we start to lose our ability to function and adapt to situations, it becomes a major problem. Here are a few easy tricks to keep stress levels in check, so you can remain a trusted, reliable member of your team.

Guided Imagery or Visualization. Yes, this is your "Happy Place," and no, this is not like the scene from the movie "Happy Gilmore," where Adam Sandler imagines his grandmother at a slot machine or a pretty woman bringing him a drink. Those two situations are stimulants,

because the noise and flashing lights from a slot machine would excite you and the pretty lady. . . well, same reason. Using guided imagery, you are somewhere by yourself in a peaceful setting, a secluded beach for example. Imagine the environment around you with specific details like what the sun would feel like on your face, the sand between your toes, the sounds of seagulls and ocean waves, etc.

Progressive Muscle Relaxation. I'm sure you have heard of relaxation tapes with ocean waves, sounds of the forest, Enya, with a guide telling you to flex and then reflex your muscles. As strange as it may sound, IT WORKS! Progressive muscle relaxation or autogenics focuses on your muscles to physically release tension. Starting from your head and working down to your toes, flex and release each muscle group, focusing on the difference in feeling from when you are tensed as compared to when you are relaxed.

Deep Breathing. I know, it is something we do constantly, but focusing on your breathing and technique is a proven

stress reliever. Take a deep breath in and then try to blow out every last bit of air. After expelling all air, inhale a deep breath through your nose. The key is to completely exhale in just one breath so all the stale air leaves your lungs. This creates a vacuum to pull in fresh air. Exhale through your mouth and inhale through your nose. Hold in the breath momentarily, then repeat!

Also, exercise helps get rid of excess energy and releases endorphins to make you feel happier and calmer. Other recommendations are to eat healthy and to quit smoking/dipping. Little changes in habits and diet go a long way in your overall health and well-being.

This is just a short overview of the basics of stress management. If you would like to learn more, Stress Management is taught every Tuesday at 2 p.m. with the 85th Medical Detachment Combat Stress Control located in the Joint Medical Clinic. Due to high demand and limited seating, please call DSN 483-3385 and reserve your spot.

Soldiers play important role in responsible drawdown

STORY AND PHOTO BY
1ST LT. ALAN J. SANFRATELLA
240TH COMBAT SUSTAINMENT SUPPORT BATTALION

AL ASAD AIR BASE, Iraq— Soldiers with the Headquarters and Headquarters Company, 240th Combat Sustainment Support Battalion, 224th Sustainment Brigade, 103rd Sustainment Command (Expeditionary), are doing their part in the war on excess materials at Al Asad Air Base, Iraq.

As the operations in Iraq have reduced, consolidated and changed, the need for equipment has diminished as well. For the past seven years, U.S. Forces have brought in thousands of pieces of equipment. This equipment ranges from computers to non-tactical vehicles to crew-served weapons.

"Seven months ago, when I signed for our theater-provided equipment hand receipt, I knew there were a lot of items we did not need," said Capt. Grant Brayley, company commander of HHC, 240th CSSB, and a Toronto, Ohio, native. "When I previously deployed to Iraq, there was no concern for excess equipment. Now there is a new mindset in Iraq."

The mindset Brayley referred to is the responsible draw-down of forces and equipment from Iraq. In order to meet

the Dec. 31, 2011, deadline of full withdrawal from Iraq, all equipment needs to be inventoried, inspected, and transported out of theater.

"Units in the 224th Sust. Bde. have been instructed to turn in any item that is not needed for our mission," said Sgt. 1st Class Ricky Sanabria, the supply noncommissioned officer-in-charge with the 240th CSSB, and a Chicago native.

New systems have been put in place to help streamline the turn-in of excess equipment. One of those systems is Theater Redistributable Asset Management (TRAM). In order for TRAM to be effective, all levels must be involved.

"It is up to the hand receipt holders to tell me what they do not need for their mission," said Sgt. Jesaren Winston, a supply sergeant with the HHC, 240th CSSB, and a Detroit native. "Anything they do not need is labeled as excess and given to higher [command] for disposition instructions."

The equipment is first examined to be sent to different units in Iraq who are in need. If there is no need, the equipment is shipped out of Iraq and redistributed to other areas of operation.

"Going through hundreds of serial numbers can be tedious at times, but HHC, 240th CSSB has definitely made a dent in getting all the excess property turned in these past five months," said Winston. "I look forward to the day when our whole property book is clear."



Sgt. Jesaren Winston, a supply sergeant with Headquarters and Headquarters Company, 240th Combat Sustainment Support Battalion, 224th Sustainment Brigade, 103rd Sustainment Command (Expeditionary), and a Detroit native, checks serial numbers on turn-in documents at Al Asad Air Base, Iraq.

Cartoonists create for service members at JBB

STORY BY
SPC. ZANE CRAIG
EXPEDITIONARY TIMES STAFF

JOINT BASE BALAD, Iraq— Smiles and laughter erupted from Soldiers and Airmen as distorted reflections of their faces flowed from the pens of four professional cartoonists participating in the National Cartoonist Tour Oct. 14 at Joint Base Balad, Iraq. They spent several hours producing personalized works of art for service members at several locations on the base.

“It’s fun to watch them draw,” said Sgt. 1st Class Thomas Schonfarber, support operations noncommissioned officer with the 103rd Sustainment Command (Expeditionary), and an Oklahoma City, Okla., native.

Schonfarber was pleased with the drawing of Sylvester and Tweety-Bird that artist Dave Mowder produced for his young daughters, Emily and Julia Kate.

“It’s good for the troops’ morale and good for the kids back home,” he added.

Spc. Justin Lewis, a paralegal specialist with the 103rd ESC, and a Fairfield, Iowa, native, arrived at the tour with a sketchbook full of his own work in hand, ready to show the artists. He said he has been drawing for 12 years and is hoping to expand his contacts in the animation world.

“I do a lot of Japanese anime, and I want to move into more modern and classic styles,” he said. “I’d like to bring a modern perspective to the classics.”

Maj. Richard Williams, logistics section officer-in-charge with the 103rd ESC, and an Urbandale, Iowa, native, walked away from the event with a drawing of an original character developed by Rob Harrell for a new cartoon series. It resembles a dragon-dinosaur combination, and is for his children, Brianna and Davis.

“This is a nice break for Soldiers- a chance for them to get something unique and original,” said Williams.

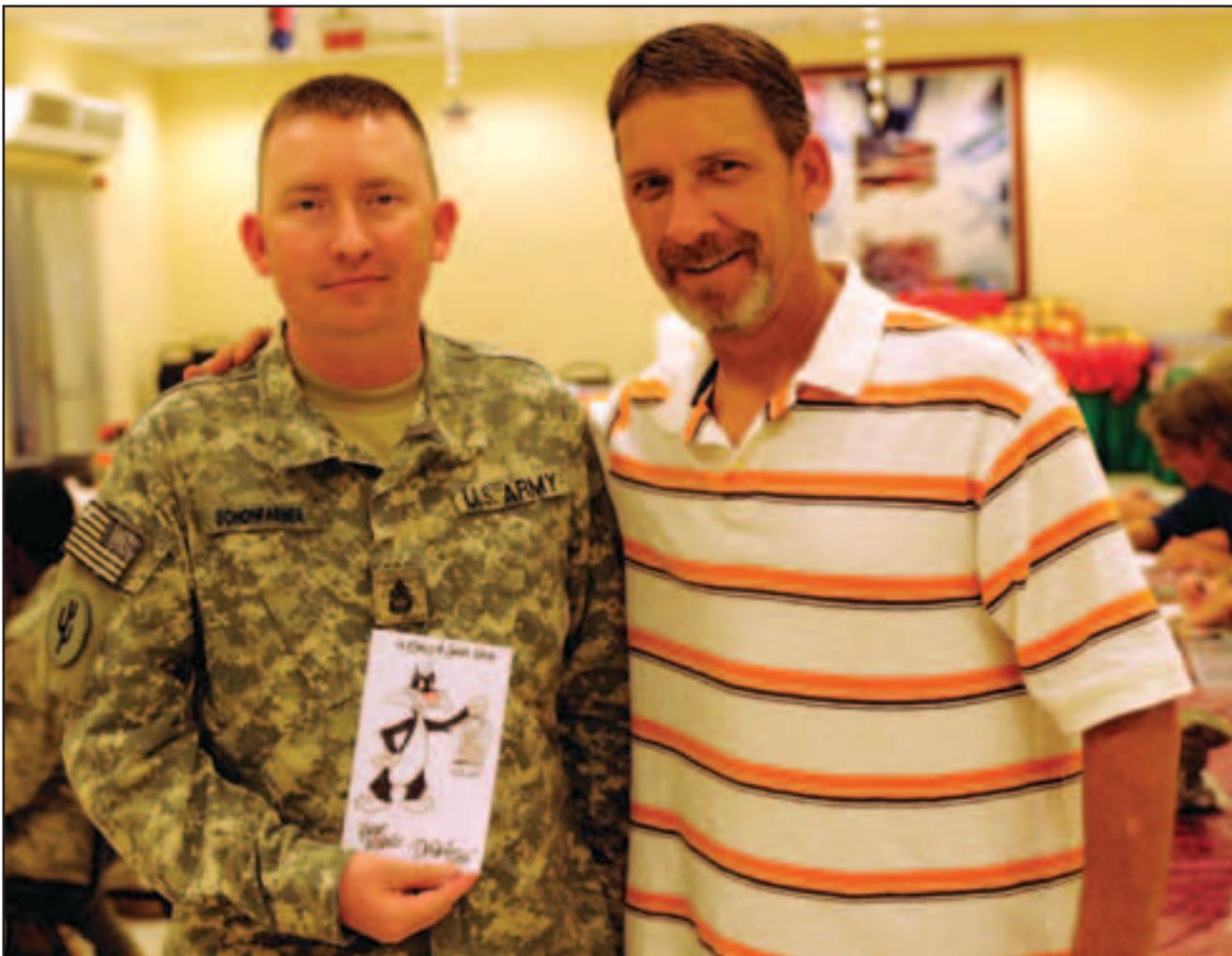
The National Cartoonist Tour finished its weeklong visit to Iraq and Kuwait with the cartoonists’ last stop at JBB. This is the second visit for the tour, after its first visit last year. The cartoonists will visit Germany and Afghanistan early this November.

‘This is a nice break for Soldiers- a chance for them to get something unique and original.’

-Maj. Richard Williams



U.S. Army photo by Spc. Matthew Keeler



U.S. Army photo by Spc. Matthew Keeler

ABOVE: Sgt. First Class Thomas Schonfarber, support operations noncommissioned officer with the 103rd Sustainment Command (Expeditionary), and an Oklahoma City, Okla., native, is presented a photo for his two children, drawn by cartoonist Dave Mowder, during the National Cartoonist Tour Oct. 14 at Joint Base Balad, Iraq.

BOTTOM LEFT: Dave Mowder, a professional cartoonist, works on a personal drawing for Spc. Justin Lewis, a paralegal specialist with the 103rd Sustainment Command (Expeditionary), and a Fairfield, Iowa, native, during the National Cartoonist Tour Oct. 14 at Joint Base Balad, Iraq.

BOTTOM RIGHT: Major Richard Williams, logistics section officer-in-charge with the 103rd Sustainment Command (Expeditionary), and an Urbandale, Iowa, native, displays his new drawing for his kids, drawn by cartoonist Rob Harrell during the National Cartoonist Tour Oct. 14 at Joint Base Balad, Iraq.



U.S. Army photo by Spc. Matthew Keeler

Luncheon celebrates Hispanic Heritage Month

STORY BY
SPC. ZANE CRAIG
EXPEDITIONARY TIMES STAFF

JOINT BASE BALAD, Iraq— A brightly colored piñata hung in the corner and the paintings on the walls displayed equally vibrant colors. Smiling couples danced to the quick rhythms of salsa. Is this Mexico? Puerto Rico? Try Joint Base Balad, Iraq.



Service members from a range of backgrounds gathered Oct. 14 in dining facility 4 at JBB to celebrate Hispanic Heritage Month with a luncheon that included music, dancing, and food from Latin America.

Hispanic Heritage Month is celebrated from Sept. 15 to Oct. 15 each year in the United States. The month was established to coincide with the Independence days of many Latin American nations.

“Hispanics have contributed to this country throughout its history, and continue to do so today,” said Chief Master Sgt. David J. Velazquez with the Air Force Security Forces.

David Farragut, the Navy’s first full admiral, along with stars like Rita Hayworth, Lynda Carter, and Charlie Sheen are among the famous Hispanic Americans who most Americans know by name, without realizing their Latin roots.

Lt. Lucila Ibarra, Equal Opportunity officer with the 103rd Sustainment Command (Expeditionary), was responsible for organizing the observance of Hispanic Heritage Month at JBB.

“It’s the soldiers who bring the creativity to put this event together,” she said. “I wanted to do something here where everyone can be involved.”

The JBB Hispanic Heritage luncheon successfully allowed service members of all backgrounds to celebrate the culture and achievements of Hispanic Americans by seeing, hearing and tasting a vibrant part of U.S. civilization.



U.S. Army photo by Spc. Matthew Keeler

Petty Officer 2nd Class Orville Temple, Navy customs, presents the different aspects of his award-winning artwork to the crowd that gathered for the Hispanic American Heritage luncheon Oct. 14 in dining facility 4 at Joint Base Balad, Iraq. For his artwork, Temple received a trophy to commemorate his accomplishment in celebration of Hispanic Heritage Month.

Liaison officer transports Soldiers worldwide

STORY AND PHOTO BY
SGT. JESSICA ROHR
EXPEDITIONARY TIMES STAFF

JOINT BASE BALAD, Iraq— Soldiers coming in and out of Logistics Support Area Ali Al Salem, Kuwait, usually have a one-track mind to get from one place to another. Most

come through here while traveling on Rest and Recuperation Leave. To make sure things go as smoothly as possible, units have a liaison officer stationed on the base to help fix any problems.

Chief Warrant Officer 2 Yolanda Manning-Joyce, mobility officer with the 103rd Sustainment Command (Expeditionary), and a Nashville, Tenn., native, is the Iraq cell liaison officer for the 103rd ESC and the organizational units that fall under its command.

“We process Soldiers that are redeploying through LSA Ali Al Salem for R and R, emergency leave or as individual redeployers,” said Manning-Joyce.

“A soldier will show up here at tent 2 with their paperwork, TCS [Temporary Change of Station] orders, DCS [Deployment Cycle Support] check list, and a letter of release. If they don’t have either of those things, we will contact the unit they came from to get the information needed to process them out. I then make them a packet of paperwork needed to be manifested for a Freedom Flight or space-available [flight],” she said.

Depending on a Soldier’s situation, such as traveling with a weapon, he or she may have to wait for a dedicated Freedom Flight versus traveling first space-available, which is any day of the week.

In the large scheme of the drawdown, Manning-Joyce helps facilitate direct unit flights for incoming units so that they don’t try and get all their Soldiers on one flight through space-available, which can be diffi-



Spc. Amanda Capehart, a preventative medicine technician with the 480th Medical Detachment (Preventative Medicine), 261st Multifunctional Medical Battalion, 807th Medical Brigade, and a Longview, Texas, native, receives help while putting together her information packet by Chief Warrant Officer 2 Yolanda Manning-Joyce, mobility officer with the 103rd Sustainment Command (Expeditionary), and a Nashville, Tenn., native, in the Iraq cell located on Logistics Support Area Ali Al Salem, Kuwait.

cult. With a Unit Line Number flight, units are able to fly directly to their duty station within Iraq. Now that this stage of the drawdown is complete, Soldiers can expect more changes to be implemented.

“Based on the drawdown, the number of people redeploying through Dallas or going to R and R through Dallas has dropped,” said Manning-Joyce. “Beginning Oct. 1, there

is going to be a dedicated flight that will combine Dallas and Atlanta passengers. So there will be one flight that will hold more than 300 Soldiers.”

With the number of incoming replacement units decreasing due to the responsible drawdown, much of the work in the Iraq cell deals with returning R and R Soldiers.

Manning-Joyce is charged with handling

distinguished visitors, sergeants major or colonel and above. She troubleshoots their travel and has their information sent ahead so that by the time they get to Kuwait, all their billeting and paperwork is completed, allowing them to continue to their next destination in the shortest waiting time possible.

Most importantly, Manning-Joyce assists the higher command with accountability.

Soldier reenlists atop historical Ziggurat

STORY AND PHOTO BY
CAPT. DAVID HANKINS
60TH ORDNANCE COMPANY

CONTINGENCY OPERATING BASE ADDER, Iraq— Sgt. Keith Kobylanski, movement control noncommissioned officer-in-charge with the 60th Ordnance Company, 110th Combat Sustainment Support Battalion, 224th Sustainment Brigade, 103rd Sustainment Command (Expeditionary), and a Harrisville, N.Y., native, took a unique opportunity to reenlist atop the ancient Ziggurat of Ur, a 6,000 year old temple, Oct. 1 near Tallil, Iraq.

The occasion presented itself when the unit went to visit the Ziggurat as part of a cultural tour. The tour, coordinated through the 110th CSSB, was a good opportunity for the Soldiers with the 60th Ord. Co. to spend an afternoon away from work while learning a little bit about the cultural heritage of Iraq.

“It was a once-in-a-lifetime opportunity,” said Kobylanski. “I only wish my wife could have been here to see it too.”

Capt. David Hankins, commander of the 60th Ord. Co., and a Bozeman, Mont., native, said the unit had been trying to visit the Ziggurat for several months. “It was a matter of good fortune that Sgt. Kobylanski’s reenlistment came through in time to do it while we were there.”

The Ziggurat of Ur, visible from Contingency Operating Base Adder, was built by the Sumerians more than 6,000 years ago, and was excavated only within the past century. In addition to visiting the Ziggurat, the Soldiers with the 60th Ord. Co. were also able to visit ancient tombs and what is believed to be Abraham’s house.

“I liked the fact that we could actually go into the tombs and the ruins,” said Spc. Joe Acevedo, ammunition handler with the 60th Ord. Co., and a Palmdale, Calif., native. “Everything was very open and accessible.”

Many Soldiers felt that the tour guide was very informative, which provided an even more fulfilling experience.



Sgt. Keith Kobylanski, movement control noncommissioned officer-in-charge with the 60th Ordnance Company, 110th Combat Sustainment Support Battalion, 224th Sustainment Brigade, 103rd Sustainment Command (Expeditionary), and a Harrisville, N.Y., native, reenlists atop the Ziggurat of Ur Oct. 1 outside Contingency Operating Base Adder, Iraq.

“The guide and his family have been giving these tours for three generations ever since they helped with the excavation in the early 1900s,” said 1st Sgt. Stanley Bolton, first sergeant of the 60th Ord. Co., and a Beaumont, Miss., native.

Combative training entertains, equips Soldiers

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

CONTINGENCY OPERATING BASE ADDER, Iraq— Soldiers with the 40th Quartermaster Company, 110th Combat Service Support Battalion, 224th Sustainment Brigade, 103rd Sustainment Command (Expeditionary), are looking forward to their successful combative program instruction to be handed off following their redeployment in November, from Contingency Operating Base Adder, Iraq.

“The combative program has always been here [at COB Adder], we just incorporated a few additional parts and training availability to reach more Soldiers than usual,” said Sgt. Trevor King, combative instructor with the 40th QM Co., and a Mobile, Ala., native, during the Level 1 Combative Course instruction Oct. 4.

“When I took over the [combative] program, I wanted it to be very popular,” he said. “By providing more dates for training, it allowed more Soldiers to take advantage and get Level 1 and Level 2 qualified. Trained Soldiers are then more knowledgeable and are willing to take part in Fight Night. Soldiers just wish to try what they learned in real-time and against an actual opponent.”

King said he wishes to see the combative program maintain its popularity, whether in Iraq or Afghanistan, as it provides Soldiers with entertainment and challenges not commonly found in a garrison environment. “My goal doesn’t fall short of training every Soldier available at COB Adder,” said Sgt. Courtney Anderson, combative instructor with the 15th Transportation Company, 110th CSSB, and a Los Angeles



Sgt. Courtney Anderson, a combative instructor with the 15th Transportation Company, 110th Combat Sustainment Support Battalion, 224th Sustainment Brigade, 103rd Sustainment Command (Expeditionary), and a Los Angeles native, shows ground grappling techniques to Soldiers during the Level 1 Combative Course Oct. 5 in Sprung Gym at Contingency Operating Base Adder, Iraq.

native. “Every Soldier is entitled to learn defensive maneuvers, and it starts with the basics of fighting. So, I emphasize to every Soldier, ‘Combative training is important because it’s a great skill to have.’ Afterward, the Soldier will decide to pursue further training.”

Anderson said he will make training available by providing his e-mail address and by advertising training in flyers with hopes of

attracting big crowds and new fighters for future Fight Night events.

Soldiers with various units at COB Adder attend the combative course. Many attend to learn ground-grappling techniques; others go to train on specific areas they need to focus on, should they ever face an opponent.

“I am currently training in the combative program because it is something I want to do as an example to Soldiers and a member

of the Armed Forces,” said Capt. Megan McKinnon, an emergency room physician with the 86th Combat Support Hospital, 86th Medical Brigade, 807th Medical Command, and a Santa Barbara, Calif., native. “I am with the Army Reserves and currently work at Walter Reed Hospital, so opportunities such as this are not too common. This is great knowledge to have, [but] hopefully I never have to use it [in a real situation].”

Jason Biggs, Rachel Leigh Cook meet troops

STORY BY
SPC. ZANE CRAIG
EXPEDITIONARY TIMES STAFF

JOINT BASE BALAD, Iraq— Actors Jason Biggs and Rachel Leigh Cook met and posed for photos with service members Oct. 19 at the United Service Organization building at Joint Base Balad, Iraq.

Biggs and Cook toured Iraq and Kuwait for a week. JBB was their last stop before returning to the U.S., and this was the first USO tour for both.

"I've been in line about 20 minutes," said Spc. Anthony Hall, 22nd Human Resources Co., and a Cleveland, Ohio, native, as the line stretched down the hall and out the back door of the building. "It's definitely worth it though, I'm a huge fan of Jason Biggs."

Service members expressed appreciation for the celebrities traveling across the world to meet with them.

"It's awesome that they take time to be here and show their support for us," said Spc. Jeremy Gjelhaug, a combat engineer with the 724 HHC Engineer Battalion, and a Chippewa Falls, Wis., native. "It's something different from my day-to-day life here, and I take advantage of things like this when I have the chance."

The actors benefitted from the event as well, by gaining perspective about the military and for those who serve.

"I have a one-thousand percent whole new appreciation for the military," said Jason Biggs, who stars in movies like "American Pie" and "My Best Friend's Girl."

"It's been a real morale boost, not only for the service members, but for me too," he said.

Rachel Leigh Cook, who starred in the film "She's All That," and the yet-to-be released film "Vampire," said she appreciates all that service members do here.



U.S. Army photo by Sgt. 1st Class Kevin Askew

Actors Jason Biggs and Rachel Leigh Cook offer service members laughs during the United Service Organization handshake tour Oct. 14 at Joint Base Balad, Iraq. JBB was Biggs' and Cook's last stop on their weeklong tour of Kuwait and Iraq before returning to the U.S. "It's been a really, really special experience," said Biggs in reference to his time on the tour.

Though limited by time and the sheer turnout of service members, Biggs and Cook talked to everyone they posed for photos with, putting them at ease by learning their names and asking questions about their units

and what all the patches mean.

"I didn't know what to expect," said Biggs, referring to the reaction he would get from the troops he met. "It's really been rewarding for both of us though."

Biggs and Cook had a positive effect on the morale of everyone who met them at JBB. Now, not only will service members continue to be their fans, but the actors will also remain fans of service members.

Construction equipment repairer fixes bulldozer



Spc. Bobby Gregory, a construction equipment repairer with the ground support equipment platoon, 632nd Maintenance Company, 110th Combat Sustainment Support Battalion, 224th Sustainment Brigade, 103rd Sustainment Command (Expeditionary), performs a technical inspection on a piece of equipment prior to fabricating a hose Oct. 4 at Contingency Operating Base Adder, Iraq.

STORY AND PHOTO BY
CHIEF WARRANT OFFICER 2 KEITH GARRISON
632ND MAINTENANCE COMPANY

CONTINGENCY OPERATING BASE ADDER, Iraq— One of the many capabilities of the 632nd Maintenance Company, 110th Combat Sustainment Support Battalion, 224th Sustainment Brigade, 103rd Sustainment Command (Expeditionary), is the Ground Support Equipment section. The GSE shop is equipped to provide on-site repairs for various types of equipment, including heating, ventilation, air conditioning, power generation, engineer and quartermaster equipment.

Spc. Bobby Gregory, a construction equipment repairer with the 632nd Maint. Co., and a Washington, D.C., native, performs maintenance on some of the equipment, such as the D-7 bulldozer, making it fully mission-capable by installing a new engine for use at Contingency Operating Base Adder, Iraq.

"Gregory has been a construction engineer repairer for five years and is a vital link of the engineer team with his knowledge, experience, and elite work ethics by stepping in to ensure hourly progress and work is getting done," said Staff Sgt. Bobby Adams, GSE noncommissioned officer-in-charge with the 632nd Maint. Co., and a Hinesville, Ga., native. "He has worked countless hours since being in theater to repair and return jobs back to their customers in fully mission-capable status."

Gregory worked with other Soldiers and civilians to re-power the machine and return it to the customer in a timely manner. Experiences and situations like these allow Soldiers and mechanics to expand their skill sets.

"Regardless of how many times we complete a job like this, I am always able to learn something new from the experience, especially with the meticulous components that need to be removed and reinstalled," added Gregory.

ARMY TEN-MILER



U.S. Army photo by Sgt. Gaelen Lowers

Tech. Sgt. Felicia Williams, assigned to the 332nd Expeditionary Logistics Readiness Squadron, 332nd Air Expeditionary Wing, and a Burkeville, Ala., native, celebrates as she nears the finish line during the 103rd Sustainment Command (Expeditionary)-hosted 2010 Army Ten Miler Shadow Run Oct. 16 at Joint Base Balad, Iraq.

STORY BY
SPC. ZANE CRAIG
EXPEDITIONARY TIMES STAFF

JOINT BASE BALAD, Iraq—

Before the sun rose over Holt Stadium on Oct. 16, more than 500 service members and Department of Defense civilians gathered to run the 2010 Army Ten-Miler Shadow Run at Joint Base Balad, Iraq.

The run at JBB was the largest of two official shadow runs in Iraq for the Army Ten-Miler on Oct. 24 in Washington, D.C. There are also smaller shadow runs scheduled for Afghanistan, and Djibouti, Africa.

Lt. Col. William McNeely, assistant chief of staff for G7 with the 103rd Sustainment Command (Expeditionary), and a Wichita, Kan., native, came in first overall with a time of one hour, 42 seconds.

“I train all the time, regardless of any event,” said McNeely, who was also the director of the event. “I run, I swim, I bike on a daily basis.”

Spc. Emily Walter, a public affairs specialist with the 103rd ESC, and a West Des Moines, Iowa, native, finished first out of the female participants with a time of one hour, 14 minutes, 35 seconds.

“I love running; I’m just running to be my best,” said Walter, downplaying the competitive aspect of the run.

Both McNeely and Walter also finished first in their respective categories in the Air Force half-marathon.

Maj. Angel Wallace, public affairs officer-in-charge with the 103rd ESC, and an Albuquerque native, took the initiative to have Balad selected as the main location in Iraq for the Army Ten-Miler Shadow

Run.

“We got an e-mail from the Army Ten-Miler team in Washington D.C. [stating] that they needed an official Iraq host and that they didn’t have one as of about three months ago,” said Wallace. “I went to our command and proposed that we take it, and they accepted it.”

Wallace said she turned to McNeely to assist as the director of the event, knowing he had extensive experience with races such as the Army Ten-Miler.

“Between the two of us, we devised a plan and utilized the T-shirts, bibs and all the official stuff that came from the crew in D.C.,” she said.

The bibs were gold and emblazoned with the runners’ numbers that were worn to log official finishing times.

“We opened registration for the run for about a week, and the bibs went so quickly that quite a few individuals ran out of a sheer love for running,” said Wallace.

Wallace added that everyone who worked to set up the stadium and manned the checkpoints and water stations did so voluntarily as sections, showing a great deal of motivation and esprit de corps.

Many people took on extra work and longer hours to ensure the run’s success.

“I’m just really glad all our work paid off,” said Wallace. “It seems to be the best run I’ve been part of at Balad.”

By 9:00 a.m., Holt Stadium was quiet again. The event that took months to plan was complete by mid-morning. The 2010 Army Ten-Miler Shadow Run at JBB was a great success because of the more-than 500 runners and dozens of volunteers who all worked hard and went the extra mile.

Going the distance



U.S. Army photo by Spc. Matthew Keeler

‘The [race] bibs went so quickly that quite a few individuals ran out of a sheer love for running.’

-Maj. Angel Wallace

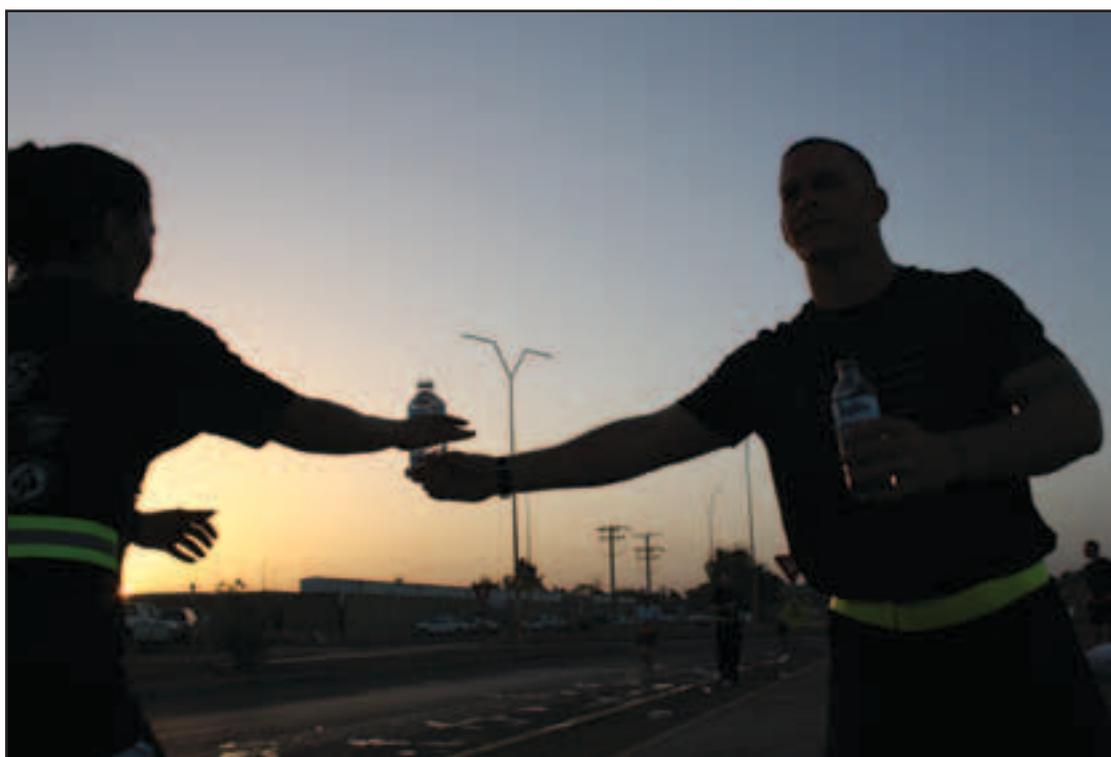


U.S. Army photo by Spc. Matthew Keeler

ABOVE: Finishers stand in line to receive certificates and T-shirts after the Army Ten-Miler Shadow Run Oct. 16 at Joint Base Balad, Iraq. JBB sponsored the run in conjunction with the Army Ten-Miler that took place Oct. 24 in Washington, D.C.

TOP LEFT: Col. Shawn Morrissey, commander of 3rd Sustainment Brigade, 103rd Sustainment Command (Expeditionary); Command Sgt. Maj. Clifton Johnson, senior noncommissioned officer of the 3rd Sust. Bde.; and Command Sgt. Maj. LeRoy Haugland, senior noncommissioned officer of the 103rd ESC, recognize the first three finishers in the male category: Lt. Col. William McNeeley (1:00:42), Master Sgt. Patrick Sellen (1:02:10), Mr. Si Elliott (1:02:33); along with the first three finishers in the female category: Spc. Emily Walter (1:14:35), Chief Warrant Officer 2 Tanya Leupp (1:18:22), and Maj. Monica Radtke (1:18:33), at the conclusion of the Army Ten-Miler Shadow Run Oct. 16 at Joint Base Balad, Iraq.

BOTTOM LEFT: Spc. Joshua Polaschek, fragmented order manager for support operations with the 103rd Sustainment Command (Expeditionary), and a Cresco, Iowa, native, gives water to a runner during the Army Ten-Miler Shadow Run Oct. 16 at Joint Base Balad, Iraq.



U.S. Army photo by Sgt. 1st Class Ray Calef

Spin classes promote healthier lifestyle

STORY BY
STAFF SGT. GREGORY YEARY
15TH TRANSPORTATION COMPANY

CONTINGENCY OPERATING BASE ADDER, Iraq—

For the past week, Soldiers with the 15th Transportation Company, 110th Combat Sustainment Support Battalion, 224th Sustainment Brigade, 103rd Sustainment Command (Expeditionary), have been taking the spin class at the House of Pain gym at Contingency Operating Base Adder, Iraq.

Spc. Adam Honig, a petroleum specialist with the 15th Trans. Co., and a Sarasota, Fla. native, enjoyed the spin class so much that he was motivated to take over instructing the class starting Oct. 5, following the departure of the previous instructor.

Honig's peers and superiors alike join him every night for an hour of intense cardio exercise as they follow his instructions and pedal to the beat of contemporary music. The workout is not easy, and participants are sure to sweat.

"When you leave the spin class, it feels like you've just stepped out of a swimming pool," said Spc. Octavius Hudson, an armorer with the 15th Trans. Co., and an Atlanta native.

Honig was among ten of his peers who requested to

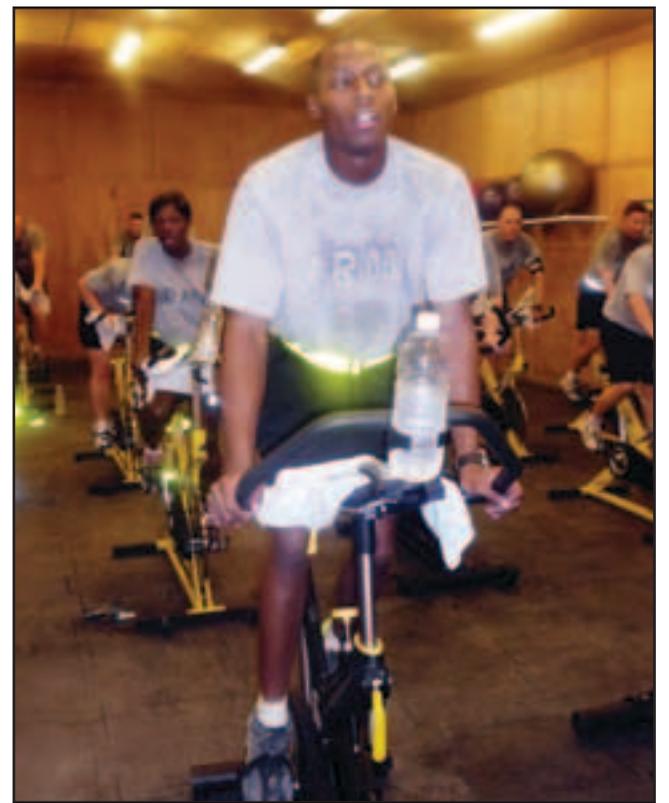
be attached to the 15th Trans. Co. so they could deploy in support of Operation Iraqi Freedom and Operation New Dawn. Honig remains motivated during the deployment. The quote that motivates him to be strong and pushes him through every workout is from the character Maximus in the film "Gladiator": "What we do in life echoes in eternity."

Honig's motivation sparked the attention of all the Soldiers in the 15th Trans. Co. The company commander said he is considering using the spin class as part of the company's physical training program. Honig said that the spin class has given him the opportunity to stay in shape and to teach others how to improve upon their physical fitness and maintain a healthy lifestyle.

"I want to see Soldiers who look fit," said Honig. "Spin is a great way to get in shape and stay in shape."

Pfc. Torrence Reed, a wheeled vehicle mechanic with the 15th Trans. Co., and a Baton Rouge, La., native, was looking for alternative workout equipment since the spin class had filled up. "His spin class is always full and Soldiers have to get to the gym early to reserve a bike," he said.

Spc. Octavius Hudson, an armorer with the 15th Transportation Company, 110th Combat Sustainment Support Battalion, 224th Sustainment Brigade, 103rd Sustainment Command (Expeditionary), and an Atlanta native, participates in a spin class Oct. 5 at Contingency Operating Base Adder, Iraq.



U.S. Army photo by Sgt. Tiffany Zackery.

Soldiers act quickly, efficiently to put out fire

STORY BY
1ST LT. RONALD BROWN JR.
199TH BRIGADE SUPPORT BATTALION

JOINT BASE BALAD, Iraq— Two Soldiers assigned to Foxtrot 199th Forward Support Company, 3rd Battalion, 156th Infantry Regiment, 3rd Sustainment Brigade, 103rd

Sustainment Command (Expeditionary), recently executed their first mission inside the wire, but the enemy in question was a combination of oxygen and a fuel source inside one of the containerized housing units at Joint Base Balad, Iraq.

Wooden structures, furniture and clothing can equate to terrifying weapons while acting as a fuel source when these items are around continuous heat and their ignition point is met.

Spc. Cody Onxley, a platform gunner

with the 199th FSC, and a Lake Charles, La., native, recruited his battle buddy, Spc. Andrew Porter, also a platform gunner with the 199th FSC, and a Lake Charles, La., native, to assist him in devising a plan. Armed with a household butter knife, a flashlight and two fire extinguishers borrowed from neighbors, the pair proceeded to enter the containerized housing unit where the fire alarm sounded.

Onxley stooped low on one knee and felt the door knob for heat. There was none as he could tell. With the smoke alarm still sounding, they proceeded with caution. Onxley then got into position again to turn the door knob while Porter used the butter knife to pry open the lock.

"Smoke instantly poured into our faces," said Porter.

They shouted for Soldiers inside the quarters, hoping for a response.

"No response," said Onxley. "The next thing for us to do was call for help."

Running as fast as he could he made a brief stop at the emergency beacon to alert the Joint Base Balad Security Forces, then proceeded to the 199th FSC Operations Center.

Onxley decided he would be the one to contain the fire and allow Porter to seek out the company's fire command team. Immediately upon notice, Staff Sgt. Melvin Miller, a supply sergeant and fire marshal with the 199th FSC, and a Lake Charles, La., native, and 1st Sgt. James Booth, the F Co., 199th FSC first sergeant, and a Deridder, La., native, were on site.

"My first thought was, 'I hope no one was in the quarters when I got to the scene,'" said Booth. He and the commander began to account for their Soldiers as fast as possible, and sent a report to higher headquarters.

Porter and Onxley had the fire under control within three to five minutes and gave the fire command team an "all clear" signal, verifying that no one was trapped in

the rubble.

Post Fire and Security elements congratulated Porter and Onxley on their courage and their ability to oust the fire before it carried over to other living areas.

"Nearly everything Soldiers store in their sleeping quarters has unlimited destructive power once ignited," said Booth. "If you think something might be a fire risk, change it, do whatever the situation requires to prevent a hazard."

The fire came just a week prior to October Fire Prevention Month when people are urged to improve their fire awareness.

"A lot of fire prevention lies in simply adopting some simple practices and making them habit," said Miller.

The JBB housing authority, along with military command channels, have developed a series of preventive measures to aid in the prevention of fires.

The cause of the fire is still under investigation.

Deploying with spouse presents challenges, rewards

STORY BY
1ST LT. SAMUEL MALONE
289TH QUARTERMASTER COMPANY

JOINT BASE BALAD, Iraq— Deployment presents service members with many challenges, but one major drawback for those who are married is not having their spouses.

The 289th Quartermaster Company, 13th Combat Sustainment Support Battalion, 3rd Sustainment Brigade, 103rd Sustainment Command (Expeditionary) currently has five Soldiers enjoying the companionship of their spouses on their deployment at Joint Base Balad, Iraq.

Sgt. Jeremiah Proctor, the company's Tactical Operations Center noncommissioned officer-in-charge, and a Houston native, has been on multiple deployments, but this is his first one while married.

"The best part of having my wife here has to be the support that we give each other," he said. "Having someone here

that you're not afraid to download your thoughts, emotions, grudges and complaints to is irreplaceable."

His wife, Sgt. Ipu Proctor, personnel section NCOIC with the 289th QM Co., and a Pago Pago, American Samoa, native said she agreed with her husband, that it is easier to have a good friend there at the end of the day to discuss the issues and experiences in person.

"I am happy to go home and my husband is there to greet me with a smile on his face and say hi," said Jeremiah.

Both agreed that the stress of the deployment can be difficult on a relationship, whether the couple is half a world apart or together.

"Not everyone knows how to handle stress in a positive manner," said Ipu. "Failure to know how to cope with stress can end a marriage."

Spc. Gabriel Ramirez, an armorer with the 289th QM Co., and a Dallas native, and her husband, Spc. Larry Cloud, a Mobile Redistribution Team yard worker with the 289th QM Co., and a Houston native, are also both deployed. They added that having their spouse by their side during a deploy-

ment can be good and bad. Knowing firsthand what hazards and dangers are out there for each other may bring on more stress and indirect fire attacks are a little more worrisome. Ramirez commended Soldiers who are deployed without their spouse.

"You guys are strong, and I just want everyone to know I admire that," she said.

Chief Warrant Officer 2 Lauren Williams, the Service Support Administrator Accountable officer with the 289th QM Co., and a Des Moines, Iowa, native, also has a spouse at JBB, Tom Williams. He is a retired Veteran working as a contractor with Kellogg, Brown and Root, Inc. They have been married for more than 12 years. Although they work on opposite shifts, they still try to make the best of their deployment and spend as much time together as they can.

"When I am having a bad day, I know that my spouse is here and that all I have to do is wait until I get to see him and things will start looking up again," said Lauren.

There are challenges and blessings for service members deploying with their spouse, but for most, it's worth the risk.

Newly promoted senior NCO gains perspective

STORY BY
SGT. BLAKE PITTMAN
110TH CSSB

CONTINGENCY OPERATING BASE

ADDER, Iraq— A Soldier with Headquarters and Headquarters Company, 110th Combat Sustainment Support Battalion, 224th Sustainment Brigade, 103rd Sustainment Command (Expeditionary), was promoted and inducted into the senior noncommissioned officer ranks Sept. 20 at Contingency Operating Base Adder, Iraq.

Sgt. 1st Class Marie Lavilette, a Class I subsistence noncommissioned officer-in-charge with HHC, 110th CSSB, and a Port-Au-Prince, Haiti, native, was promoted to the rank of sergeant first class in a ceremony at the 224th Sust. Bde. "Saber" compound.

"It was great," said Lavilette. "It's a big step in my career, and to see everyone there supporting me was also great."

She added that the promotion ceremony put things into perspective for her as a senior

NCO, showing her that there is more room to learn and grow.

"It's something I'll always remember, even if I were to get out of the Army tomorrow," said Lavilette.

Lavilette was born and raised in Haiti, where she immigrated to the United States in the 1980s, becoming a naturalized U.S. citizen in 2005. Later, she enlisted in the U.S. Army, where she spent four years on active duty; she was an automated logistics specialist stationed at Fort Lee, Va., and U.S. Army garrison at Darmstadt, Germany.

She left active duty as a specialist after four years of service, settling in North Carolina. There, she enlisted in the Army National Guard. Later, she moved to Lawrenceville, Ga., where she currently resides. There, she attended DeVry University, earning a Bachelor of Science in electronic engineering.

She said she is looking forward to a career change when she redeploys back home from Iraq. She has already earned a certification in massage therapy from the Georgia Medical Institute, and when she's home she plans to pursue a four-year degree in physical therapy.



U.S. Army photo by Staff Sgt. Leticia Mitchell

Sgt. 1st Class Marie Lavilette, a Class I subsistence noncommissioned officer-in-charge with Headquarters and Headquarters Company, 110th Combat Sustainment Support Battalion, 224th Sustainment Brigade, 103rd Sustainment Command (Expeditionary), is promoted Sept. 20 at Contingency Operating Base Adder, Iraq.

Responsible drawdown takes hard work, diligence



A Soldier with the 319th Transportation Company, 110th Combat Sustainment Support Battalion, 224th Sustainment Brigade, 103rd Sustainment Command (Expeditionary), hauls a vehicle on a flatbed trailer, as part of the responsible drawdown of equipment from Iraq, Sept. 21 at Contingency Operating Base Adder, Iraq.

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

CONTINGENCY OPERATING BASE ADDER, Iraq— The Soldiers with the 319th Transportation Company, 110th Combat Sustainment Support Battalion, 224th Sustainment Brigade, 103rd Sustainment Command (Expeditionary), serve as part of one of the busiest transportation units supporting Operation New Dawn at Contingency Operating Base Adder, Iraq.

The requirements and missions have been anything but simple for the unit; however, the 319th Trans. Co.'s Soldiers have operated at their full potential during their time in Iraq. The Soldiers have hauled more than 4,000 tons of equipment, and have traveled nearly 200,000 miles in Iraq using heavy equipment transport vehicles.

"The Soldiers in the 319th Trans. Co. demonstrated their overall initiative, motivation, and perseverance with each mission since we've arrived in country," said Sgt. 1st Class Derryl Brown, first sergeant of the 319th Trans. Co., and an Orangeburg, S.C., native.

Aside from supporting OND, the 319th Trans. Co. also has Soldiers operating in other vital logistics centers around COB Adder. They contribute to a more efficient logistical operation throughout the southern and central regions of Iraq. They have also conducted numerous missions to transport equipment out of Iraq in support of the responsible drawdown of forces, while saving overall mission time and increasing drawdown efficiency.

"Despite the daily 120-degree temperatures over the past five-month mission, and all combat operations [ending], there is still plenty of equipment to be withdrawn from Iraq," said Spc. Mark Pettite, a dispatcher with the 319th Trans. Co., and an Augusta, Ga., native.

Trans. Co. Soldiers enjoy missions for various reasons

STORY BY
1ST LT. MADISON MATAKAS
15TH TRANSPORTATION COMPANY

CONTINGENCY OPERATING BASE

ADDER, Iraq— Soldiers with the 15th Transportation Company, 110th Combat Sustainment Support Battalion, 224th Sustainment Brigade, 103rd Sustainment Command (Expeditionary), provide transportation support and retrograde operations with their heavy equipment transporters (HETs) daily at Contingency Operating Base Adder, Iraq.

Whether it is their first, second, or third deployment, each Soldier enjoys different

things about the missions.

Some Soldiers with 2nd platoon, 15th Trans. Co., said they liked seeing new and different locations in and around the area,

"I find enjoyment getting outside the regular stationed area and seeing new places and gaining new experiences," said Spc. Matthew Lindstrom, a heavy wheeled vehicle operator with the 15th Trans. Co., and a Post Falls, Idaho, native.

Most of the Soldiers said they also enjoyed the opportunities to see new and different places in Iraq outside of COB Adder.

"I enjoy going to different FOBs [Forward Operating Bases]...and seeing what they offer," said Sgt. Michael Duke, a heavy wheeled vehicle operator with the 15th Trans. Co., and a Batesville, Ark., native.

"It's what gives me the most enjoyment."

Staff Sgt. Antonia Silva-Warren, a squad leader with 2nd platoon, 15th Trans. Co. and a Chicago native, said she enjoys using the HET on the missions. "It's the equipment we manage and drive... it's the overall size that I like most, as it is one of the largest transportation vehicles in the U.S. Army's fleet; the added protection due to its size, and the extra room for Soldiers' gear is an added plus."

There are many places for Soldiers to visit while operating in Iraq. Some are similar to their primary area of operation, and some are very different. Some FOBs offer United Service Organizations services, which are not available in other areas of the country.

During their short stays for missions on

other FOBs or COBs, Soldiers like to use the extra amenities. These include the USO and the Morale, Welfare, and Recreation facilities, which allow Soldiers to unwind from a mission and feel a little sense of home, whether that means playing pool, shooting darts, or relaxing while watching a favorite movie.

There are many ways Soldiers spend their deployments; these experiences leave a lasting impression. They include the little extras or special places Soldiers visit while on missions outside the normal operating area. These amenities foster a sense of normalcy, comfort, or security for Soldiers, while giving them a positive stress outlet and a morale boost, making the unit more effective and mission-ready.



Getting the price you want when buying a vehicle

SGT. 1ST CLASS RAY CALEF
EXPEDITIONARY TIMES STAFF



Last week, I discussed dealer hold back and what it means to the average buyer of a new vehicle. You can save quite a bit of money by simply educating yourself prior to going to the dealership. In the next few weeks, I will try to give you the big picture on the ins and outs of the auto business and what you need to know to take advantage of this knowledge.

First and foremost, as I said last week, the dealership is entitled to a profit on their merchandise. You cannot go into a dealership expecting to get a deal without understanding this simple fact. That being said, the absolute easiest way to get a great deal is to not include a car as a trade. Don't do it. It will be a deal breaker, plain and simple.

Why? Because, as I stated and will continue to state, the auto dealers deserve to make a profit, and there is no bigger opportunity to make that profit than by selling a used vehicle.

This is how dealerships stay afloat. In tough times, like the last few years, selling used cars was the lifeblood of car dealerships. Even in better times it is still the top money-maker for most of them. In another column I will explain the reasons why the most money to be made in this business is selling used vehicles, but let's focus on new cars deals for the time being.

I understand the desire to trade a vehicle in. In our busy lives, the last thing we seem to have time to do is selling a vehicle ourselves, and by putting an ad in the newspaper or on an Internet site and making ourselves available for showing it. Not to mention the hassle of financing a vehicle when another one is still owned by the bank. Many times, because of this, people are forced to sell their vehicle to the dealer. I understand the dynamic.

Some ways to avoid being forced to do this is by not going upside-down in a vehicle you own. No, I don't mean avoiding a rollover either. As you are reading this, I guarantee that many of you owe more to the bank than the vehicle is worth. Sometimes you owe thousands more than what it is worth. Without getting into the nuances of why people have money issues which force this situation on them, suffice it to say that the only way out is to bite the bullet and pay off your current vehicle prior to approaching a bank or dealership again. So take care of your vehicles!

If you are fortunate to not be in this situation, then let's proceed. There are numerous sites on the web that offer great information for you to save money in the buying process; a couple I use are <http://www.edmunds.com>, and <http://www.kbb.com>. Both sites give detailed information on everything you need to get a great deal.

The next most important piece of information you need is the invoice price the dealer paid for the vehicle, which we discussed briefly last week. For a small fee, (\$20) Consumer Reports sells a pricing report, which they claim shows the entire invoice processing for a particular vehicle. The sites I linked in the last paragraph have invoice visibility as well, just not as detailed.

Next week I will speak more on what to do with that knowledge.

AMNESTY from page 1

or back stateside, said Sissom.

"Almost 80 percent of what we receive is scrap metal," said Sissom. "We send that over to the Defense Reutilization and Marketing Office to be broken down, reused and recycled. Basically what these agencies do is take the equipment, find a happy home for it, repackage it, re-service it and then allow the Army to reuse it."

The main goal is to reduce the Army's footprint in Iraq and by clearing out all of the trash and excess equipment, said Sissom. They are significantly reducing the effects of the past seven years.

There will be future Amnesty Days, said Halley, but he added that he didn't want units to forget that the F-MRT yard is there for their use and benefit. Every day is Amnesty Day there.

"Amnesty means we'll take everything," he said. "We'll take all classes of material. We'll take it off your hands so you don't have to go through the process of getting together the paperwork and turning it in. We'll do all that for you. It's a one-stop shop. You drop it off and we'll take care of the rest."

Word on the Street

What is your favorite Halloween movie? Why?



"My favorite Halloween movie is 'Friday the 13th'... it really brings out the spirit of Halloween."

Spc. Timothy McDaniels, an equipment utility repair specialist with the 298th Support Maintenance Company, 13th Combat Sustainment Support Battalion, 3rd Sustainment Brigade, 103rd Sustainment Command (Expeditionary), and a Cresson, Pa., native



"My favorite Halloween movie is 'The Nightmare Before Christmas'. I like the animation, especially Jack Skellington. It combines my two favorite holidays, Christmas and Halloween, and it reminds me of my brother because it's his favorite too."

Sgt. Mary Hackel, a heavy equipment transport team parts clerk with the 298th Support Maintenance Company, 13th Combat Sustainment Support Battalion, 3rd Sustainment Brigade, 103rd Sustainment Command (Expeditionary), and a Rensselaer, N.Y., native



"My favorite Halloween movie is 'The Nightmare Before Christmas' because ever since I was a little kid, watching it is one of my best memories of this time of year. I even had a Jack Skellington doll."

Spc. Michael Estrada, a heavy equipment transport team mechanic with the 298th Support Maintenance Company, 13th Combat Sustainment Support Battalion, 3rd Sustainment Brigade, 103rd Sustainment Command (Expeditionary), and a Syracuse, N.Y., native

ARMY TEN-MILER

JBB shadow run finisher results

LTC William McNeely	1:00:42	Mr. Israel Musoke	1:17:19	Sgt Garry Hinton	1:24:33	Capt Don Moss	1:31:53	Cpt Jennifer Cavalli	1:40:34
MSG Patrick Sellen	1:02:10	LTC Herbert Joilet	1:17:22	Cpl Troy Leeman	1:24:52	CPL Jacob Barnes	1:31:55	SSG David Santiago	1:40:34
CIV Si Elliot	1:02:33	LTC Daniel Layton	1:17:31	SGT Hector Proano	1:24:56	2LT Ellen Sutey	1:32:00	Cpt John Marshall	1:40:47
SPC Gordon Ajak	1:03:18	SGT Jonathon Boggs	1:17:37	Ltc James Rupkalvis	1:24:57	SSG Victoria Martinez	1:32:04	LTC Kimberly McCue	1:40:49
1LT Ronald Jenkins	1:03:28	Cpt Andrew Collins	1:18:00	SrA James Brandt	1:24:58	MSG Angel Magallanez	1:32:21	Cpt Laura Fonsara	1:40:59
SSG Lawrence Smith	1:04:54	SSgt Andrew Potter	1:18:02	TSgt Kristin Dobson	1:25:02	1LT James Schmitz	1:32:36	MAJ David Moser	1:41:05
CW2 Chet Heacox	1:05:10	SFC Shaun Fritz	1:18:07	LTC Jean-Marc Pierre	1:25:16	COL Kenneth Jones	1:32:37	SGT Roberto Hernandez	1:41:12
LCDR David Sandson	1:05:35	Ltc Jeff Stegman	1:18:09	E5 Ryan Cable	1:25:17	1SG Shawn Groover	1:32:40	SSgt Daniel Varela	1:41:17
TSgt. Doug Stevens	1:05:50	PV2 Meghan Berry	1:18:12	Sgt Byron Wilkinson	1:25:27	SRA Savanna Wadtke	1:32:42	MSG Erika Lozano	1:41:38
Cpt Justin Harvey	1:06:15	CIV Jason Manoubi	1:18:13	MSG David Risnarr	1:25:30	CIV Ashley Taylor	1:32:44	SRA Tyler Deckard	1:41:58
Sgt Joseph Ollerbidez	1:06:53	Ssg Thomas Knerpp	1:18:14	SFC Michael Groll	1:25:32	LT Fran Conole	1:32:52	SFC Darrell Kelley	1:42:20
CIV Mark Gilley	1:07:00	SPC Mario Megofna	1:18:17	LTC Sidney Melton	1:25:37	SSG Christopher Solie	1:33:05	AIC Christina Cervantes	1:42:38
CPT Manuel Sanchez	1:08:02	CIV Paul Miller	1:18:19	CIV Michael Cohen	1:25:38	Maj John Agnello	1:33:16	SPC Anthony Reemes	1:42:39
MAJ Ed Diaz	1:08:23	LTC Michael Piesman	1:18:22	MAJ Elwood Waddell	1:25:40	MSG Michael Manigault	1:33:18	Sgt John Chandler	1:42:40
SSG Jose Romero	1:08:26	MAJ Monica Radtke	1:18:33	SFC Patrick Sellars	1:25:42	Pfc Cody Lotter	1:33:21	SFC Michael Newsom	1:42:50
CIV Todd Kushner	1:08:32	1 Lt Christina Short	1:18:36	Civ Carla Ramos	1:25:46	SSG Thomas Perez-Vega	1:33:21	SPC Daniel Peebles	1:42:58
SGT Yerrick Stoneman	1:08:56	LTC Ian Paterson	1:18:36	SGT Courtney Bennitt	1:25:51	SSG Don Dees	1:33:30	AIC Nicolas Kocsis	1:42:58
SSgt Joseph Attiogbe	1:09:14	CIV William Boswell	1:18:38	CIV Graham Speed	1:25:54	SRA Phan	1:33:40	TSgt. Robert Duerr	1:43:15
CPT Geoffrey Anderson	1:09:16	AIC Anthony Bliss	1:18:40	TSgt Matthew Heftl	1:25:57	Maj Walter Flinn	1:33:46	SSG Clarissa Zimmerman	1:43:29
LTC Bo Bloomer	1:09:18	Cpt Paul Bluemenhagn	1:18:44	CPT Dwight Campbell	1:25:58	1Lt Brandon Hughes	1:33:57	Civ Dave Kellerman	1:43:41
SGT Tyler Smith	1:09:36	CW2 Tanya Leupp	1:18:46	SSG Rob Neely	1:26:09	PFC Travis Bernard	1:33:58	CPL Lamar Molina	1:43:52
Capt David Kilpatrick	1:09:51	Capt Scott Andresen	1:18:49	SSG Adam Hamilton	1:26:12	PO2 Dustin Coons	1:34:08	TSgt Felicia Williams	1:44:04
Cpo Dennis Raymundo	1:10:06	Spc Keoni Rodriguez	1:19:00	Msgt Beth Leap	1:26:17	Msgt Garet Vannes	1:34:14	Spc Alyssa Bessent	1:45:02
Maj Hall Sebnen	1:10:09	Sra Edgar Franco	1:19:02	CPT Tim Horning	1:26:18	SCPO Wade Corporon	1:34:20	Msgt Paul Lloyd	1:46:13
SPC Jason Martindale	1:10:15	Maj Richard Frisius	1:19:05	SFC Douglas Danilson	1:26:26	SSgt Linda Buck	1:34:24	SPC Paul Aguilero	1:46:14
SSG Andrew Conti	1:10:32	Sgt Daniel Sewell	1:19:08	MSG Glenn Driver	1:26:30	TSgt. Kristin Parks	1:34:33	SSGT Danielle Gonzales	1:47:04
CIV Grant Lewis	1:10:41	SPC Gregory Argentieri	1:19:10	Spc Nathan Claude	1:26:36	PV2 Peter Demeo	1:34:50	SGT Franklin Hisole	1:47:06
COL Douglas Soderahl	1:10:55	1LT Joseph Waggoner	1:19:19	1LT Jefferson Worden	1:26:38	Sfc John Swisher	1:35:09	MAJ Lynn Lee	1:47:29
E6 Ryan Thompson	1:11:40	SFC Brian Hamilton	1:19:20	SrA Nathan Krajcirik	1:26:40	Sra Jessica Clark	1:35:10	SFC Matthew Winbon	1:47:34
CW3 Jeremy Zielanski	1:11:47	SSG Darrell Flannery	1:19:20	SPC John Wallace	1:26:47	SGT Joshua Jurgens	1:35:12	Msgt David DUBYAK	1:47:47
MAJ Brett Nelson	1:11:49	SGM Lyle Marsh	1:19:25	LT Ryan Roach	1:26:49	AIC Bradley Collins	1:35:18	MSG Deia Washington	1:48:03
CN Adolim Cherif	1:12:05	Capt Lisa Lynch	1:19:31	LTC Arthur Primas	1:27:03	SFC Barney Dykes	1:35:22	MSgt Gary Stanley	1:48:43
1LT Michael Nordin	1:12:09	SSG Mohammed Rafiq	1:19:41	CW1 Raphael Riley	1:27:11	MAJ Charles Hollier	1:35:39	AIC Briston Meidineer	1:48:58
BUc Michael Carey	1:12:27	SPC Shelton Killingsworth	1:19:43	Maj James Galluzzo	1:27:12	Mr. John Velazquez	1:35:39	CIV Justin Paske	1:49:04
Cpt Victor Vargas	1:12:31	1LT Kevin Dunn	1:19:44	Sgt. Stephen McCarl	1:27:13	Spc Chad Watson	1:35:52	SGT Jessica Stroud	1:49:52
CW Kevin Nelson	1:12:37	1LT Ryan Deem	1:19:46	Lt Stefanie Shefcheck	1:27:16	Sgt Rhoda Riley	1:35:53	Csm Jason Runnels	1:49:52
CIV Adam Gross	1:12:39	SFC Jose Ramirez	1:19:48	LTC Brian Formy-Duval	1:27:18	SPC Miguel Velilla	1:35:54	civ Raad Hlilify	1:52:21
SRA Jay Sengstacken	1:12:56	TSgt Donald Wigington	1:19:49	E6 Roberto Waisome	1:27:19	CPT James Kranich	1:35:54	MSgt Brian Applegate	1:53:11
civ Jeff Morency	1:12:57	CPT Charles Peters	1:19:50	TSgt Eric Church	1:27:22	MSgt Jimmy Buggs	1:36:21	SSgt. Pamela Wilson	1:53:42
LT Chris Cannon	1:12:59	CW5 Martin Olinger	1:19:58	MAJ John Darrington	1:27:25	SGM Robin Kane	1:36:23	Civ Elliot Bohler	1:54:09
CW2 Russell Hendricks	1:13:14	E9 Tony Valenzuela	1:20:08	SGT Kera Winders	1:27:27	Capt Lynnea Cameron	1:36:25	Bib #459	1:54:16
MAJ John Gianelloni	1:13:15	SPC Josh England	1:20:27	Cpl Robert Mulero	1:27:27	MAJ Joe Kirkman	1:36:31	SRA Fabiola Belt	1:54:25
SSG David Eischen	1:13:21	SFC Paul Guerrero	1:20:29	CPT Anna Walls	1:27:27	SGM William Lewis	1:36:37	E3 Galen Edwards	1:55:07
CPT Charlie Jones	1:13:27	MAJ William Recuperero	1:20:30	CW2 Donald Ross	1:27:29	Cpt Megan Marshburn	1:36:47	SFC Denise Alloway	1:55:48
SGM Brian Holschbach	1:13:31	SGT Alisha Rogers	1:20:31	TSgt Damon Burton	1:27:58	civ William Owens	1:36:50	SGT Brad Hackbart	1:56:25
CPT Matthew Kelly	1:13:36	Maj William Notbohm	1:20:32	AIC William Ledbetter	1:27:58	Maj Richard Williams	1:37:00	Spc Heather Thomas	1:56:32
SGT Joshua Zimmerman	1:13:40	Maj Dale Capener	1:20:43	SSG Dawn Arroyo-Reyes	1:28:12	1Sgt Garrie Banfield	1:37:27	Maj Stephanie Robertson	1:56:52
CW3 Michael McEvers	1:13:47	PFC Isaac Evans	1:20:54	Maj Andrew Zupfer	1:28:18	TSgt. Greg Navickas	1:37:28	CPT Vanessa Parker	1:56:57
Maj Randy Garcia	1:14:02	Sfc Robert Whisenant	1:20:59	SFC Davidson Christmas	1:28:37	SSG Dean Watkins	1:37:34	TSgt Charles Penrod	1:58:10
CPT Jerimaha Sheehan	1:14:17	MAJ Charles Moulton	1:21:04	TSgt Mickey Gibbs	1:28:39	Maj Lance Halder	1:37:39	1LT Jennifer Lewis	1:58:21
Spc Eric Dymesich	1:14:19	PFC Todd Pruitt	1:21:20	SrA Chase Szente	1:28:42	MAJ Terrance Sullivan	1:37:44	CPT Eva Spain	1:58:21
CIV Jason Dyer	1:14:26	SSG Rafael Navarro	1:21:25	1SG Gary Asberry	1:28:50	SGT Henry Bender	1:37:47	Sgt Patricia Patterson	2:00:53
SFC Arthur Dixon	1:14:28	CPT Cesar Santiago	1:21:45	Spc Tristan Hoak	1:29:01	MAJ Jeffrey Weir	1:37:51	SSGT Lara Ashley	2:02:19
SGT Matt Carroll	1:14:30	SPC Haidel St. Charles	1:21:46	SSgt Kyle Ohara	1:29:08	CIV Pedro Careaga	1:37:51	SRA Daniel Jones	2:02:19
SPC Emily Walter	1:14:35	CIV Neil Yapp	1:21:53	MSgt Michael Cephas	1:29:11	SSG Steven Baker	1:37:55	SSG Comeneisha Luna	2:02:55
Sgt Justin Diggins	1:14:36	1Lt Sean Steffer	1:22:06	SSgt Julio Fabeaux	1:29:11	TSgt Jonathan Lee	1:37:59	SSG Stacie Brown	2:03:07
CPT Michael Blanton	1:14:48	SFC Julio Carrion Cruz	1:22:09	SFC Harold Hagedoorn	1:29:17	MAJ Ramesh Persaad	1:38:02	Sgt Charles St. Ann	2:03:07
AIC Charles Evans	1:14:55	SSGT Kristine Chapman	1:22:29	Ltc Linda Thomas	1:29:17	SPC Gabriel Cloud	1:38:09	Sgt Brenda Martinez	2:03:11
SSgt Andrew Bisek	1:15:05	AIC Christopher Barba	1:22:30	PO2 Carlos Cisneros	1:29:18	CPT Erin Kennedy	1:38:11	SFC Kelvin Conyers	2:03:15
SRA Andrew Parr	1:15:07	SPC Ryan Coogler	1:22:31	Cpt Peter Banks	1:29:27	Spc Laura Quinton	1:38:16	PV2 Joshua Kappelman	2:03:37
CIV Rola Achid	1:15:08	SFC Brian Jones	1:22:34	SSG Cory Suire	1:29:28	Pfc Danielle Davis	1:38:16	SPC Aaron Hoover	2:03:39
SSG Glenn Cunliffe	1:15:36	SGT Phillip Lanier	1:22:35	SGT Jean Maye	1:29:36	Capt. Marie Roberts	1:38:20	SFC Maurice Gary	2:05:50
CIV Darren Smith	1:15:44	SGM Gregory Smith	1:22:36	CAPT Nathan Evans	1:29:42	1SG John McNichols	1:38:20	SPC Sarah Conklin	2:11:18
AIC Lauren Shaw	1:15:46	Spc Chris Murray	1:22:38	SFC Alejandro Mejia	1:29:44	PFC Justin Howlett	1:38:22	MAJ Holly Hileman	2:11:43
CPT Thomas Hong	1:15:47	SFC Larry Moreno	1:22:39	LTC Michelle Garcia	1:29:49	TSGT Angela Robertson	1:38:27	MAJ Rachel Humphrey	2:11:50
Sgt Julian Corney	1:15:50	Capt Peter Drury	1:22:39	SSG Corey Mange	1:30:08	TSGT Olivia Wanzo	1:38:32	MAJ Debra Weese	2:11:50
E5 Nicholas Kotyk	1:15:52	PFC Heriberto Morales	1:22:43	MSgt. Robert Harris	1:30:11	Cpt Richard Smith	1:38:33	CW3 Michael Carpentieri	2:12:39
TSgt Daniel Elliot	1:16:00	MAJ Chad LaQua	1:22:45	Cpl. Giselle Rodriquez	1:30:14	CW2 Sam Howlett	1:38:44	SSgt Timothy Young	2:12:39
SSgt. Terry Leatham	1:16:08	SFC Dennis Crosser	1:22:53	CSM Greg Phillips	1:30:31	Cw2 Russell Eddy	1:38:49	LTC James Williams	2:13:05
Maj Dennis Murphy	1:16:12	Sgt. Margaret Charles	1:22:54	CIV Thomas Wolf	1:30:31	MSG Brian Lathrop	1:38:57	AIC Adrielle Blessing	2:14:08
CIV Craig Williamson	1:16:16	Cw2 Ben Weyers	1:22:58	Allen Cranford	1:30:34	1LT George McGriff	1:39:03	CIV Araceli Sierra Manda	2:14:12
MAJ Peter Schmidt	1:16:21	CIV Chris Bova	1:23:15	SFC Robert Shallbetter	1:30:49	SGT Karen Wisener	1:39:11	Maj Michael Funk	2:17:49
TSgt. Benjamin Grosik	1:16:34	SSG C. Maclamchlan	1:23:17	CSM Bobby Woolldridge	1:30:50	SSG Ryan Jonkman	1:39:17	SFC Ronald Crittenden	2:20:03
SSG Cory Gleason	1:16:37	MAJ William Dickinson	1:23:33	SSG Kelly O'Bryan	1:30:53	SGT Benjamin Miller	1:39:17	AIC Maria Roman	2:22:22
CSM Paul Ramos	1:16:40	CW3 Shelton Mickel	1:23:34	1LT Lucas Smith	1:31:01	Maj Chris Weskamp	1:39:18	MAJ Ben Dennis	2:23:02
SSgt Marcial Grinolds	1:16:45	Spc Steven Dallacpenz	1:23:43	CW4 Greg Nix	1:31:03	SPC David Schmidt	1:39:51	MAJ Ulekeya Hill	2:24:11
2LT Cliff Dolbeare	1:16:46	Spc Andrew Whitaker	1:23:43	Csm Mark Berry	1:31:23	CPL Robert Sims	1:39:53	SPC L. Medina-Moran	2:25:39
SSgt. Ygnacio Garcia	1:17:05	Spc Paul Rochelle	1:24:15	Capt Kyle Roehrig	1:31:24	Sgt Cameron Sewell	1:39:55	SCPO Aimee Lange	2:28:08
COL Jon Christensen	1:17:08	O6 Gus Checketts	1:24:16	AIC Justin Smith	1:31:24	CIV Luis Sotomayor	1:40:11	SFC. Don Eggert	2:28:49
Spc Noel Conrad	1:17:13	MAJ Linda Huffer	1:24:19	Cpt Andre Cieslickii	1:31:29	1SG Stewart Baun	1:40:11	CIV Karen Reese	2:28:58
SFC Donald Cenate	1:17:16	SSG Christopher Harris	1:24:19	SRA Brant Lundberg	1:31:29	CW5 Mark Marinelli	1:40:12	AIC Kylie Prescott	2:34:32
SGT Amber Newcomb	1:17:17	1SG Jeffery Wintle	1:24:20	CIV Tuwanda Green	1:31:35	Msgt Jeremy Johnson	1:40:12	AIC Monica Vega	2:34:32
Sgt Cedric Siriwandana	1:17:17	CPT Nic Pilly	1:24:25	SSgt Ryan Dickelman	1:31:38	AIC Max Kuespent	1:40:14	SSgt Dawn Doutholm	2:55:12
CW4 Gary Jasek	1:17:19	Tsgt David Coleman	1:24:26	CIV Brent Haynes	1:31:42	MSG Ronald Houston	1:40:28		

****All results listed are based on comparison between bib stub submissions at the end of race and race times recorded. If stub was not turned in after completion or number portion was removed (the case on a few), runner's name may not be listed or run time may be off slightly due to human error. We apologize for discrepancies, and appreciate everyone's patience in this process.****

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

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

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

TEST YOUR KNOWLEDGE

1. What is the northeastern most state of the USA?
2. Which New York island was originally called Gibbet Island?
3. In which state are the Ozark Mountains?
4. Which state with access to an ocean has the shortest coastline?
5. In which state is the Yosemite National Park?
6. Which state produces two-thirds of America's iron ore?
7. What is the largest city of New Mexico?

1. Maine 2. Beaus 3. Ellis Island 4. New Hampshire 5. California 6. Minnesota 7. Albuquerque

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. 27, 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 touney: Sunday 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., Thu., 6-7 a.m., 5-6 p.m.	Caribbean Night: Friday 8 p.m. Chess & Dominoes Touney: 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. 9-ball touney: Monday 8 p.m. Dungeons & Dragons: Thursday 7:30 p.m. Poetry Night: Thursday 8 p.m. 6-ball touney: 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. H6 FITNESS CENTER Spin: Sunday 9 a.m. Mon., Wed., Fri., 2 a.m., 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 touney: Tuesday 2 a.m., 8:30 p.m. Ping-pong touney: Tuesday 5:45 a.m., 7 a.m., 3 p.m., 6 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 touney: Tuesday 8 p.m. Foosball touney: Tuesday 8 p.m. Jam Session: Tuesday 7:30 p.m. 8-ball touney: Wednesday 8 p.m. Guitar Lessons: Thursday 7:30 p.m. Game touney: 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.	7 p.m. Aerobics: Mon., Wed., Friday 7 p.m. Body by Midgett Toning Class: Tue., Thu., 7:30 p.m. 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 10/27/10

NBA: Miami Heat @ Boston Celtics, Live 2:30 a.m. AFN Sports
COLLEGE: Louisiana Tech @ Boise State, Live 3 a.m. AFN Xtra
NBA: Houston Rockets @ Los Angeles Lakers, Live 5 a.m. AFN Sports
NBA: Houston Rockets @ Los Angeles Lakers, Delayed 4:30 p.m. AFN Sports

Thursday 10/28/10

NBA: Chicago Bulls @ Oklahoma City Thunder, Live 3 a.m. AFN Xtra
NBA: Portland Trail Blazers @ Los Angeles Clippers, Live 5:30 a.m. AFN Xtra
MLB: World Series Teams TBD, Delayed 3 p.m. AFN Sports

Friday 10/29/10

COLLEGE: Florida State @ North Carolina State, Live 2:30 a.m. AFN Xtra
NBA: Phoenix Suns @ Utah Jazz, Live 5:30 a.m. AFN Xtra
NBA: Washington Wizards @ Orlando Magic, Delayed 10 a.m. AFN Sports
NFL: Live Football, 11 p.m. AFN Sports

Saturday 10/30/10

NHL: Philadelphia Flyers @ Pittsburgh Penguins, Live 2 a.m. AFN Prime Pacific
COLLEGE: West Virginia @ Connecticut, Live 3 a.m. AFN Xtra
NBA: Orlando Magic @ Miami Heat, Live 10 a.m. AFN Sports

Sunday 10/31/10

COLLEGE: Live Football, 3 a.m. AFN Xtra
NHL: Anaheim Ducks @ San Jose Sharks, Live 6 a.m. AFN Xtra
COLLEGE: Football, Delayed 10 a.m. AFN Xtra
COLLEGE: Football, Delayed 4 p.m. AFN Xtra
NFL: Live Football, 8 p.m. AFN Prime Atl.

Monday 11/01/10

NBA: Utah Jazz @ Oklahoma City Thunder, Live 2 a.m. AFN Xtra
NFL: Pittsburgh Steelers @ New Orleans Saints, Live 3 a.m. AFN Prime Atl.
NFL: Football, 6 p.m. AFN Xtra
NFL: Pittsburgh Steelers @ New Orleans Saints, Delayed 8 p.m. AFN Sports

ARTS & ENTERTAINMENT

'The Sports Lounge': Is the NFL too vicious?

BY SGT. 1ST CLASS RAY CALEF
EXPEDITIONARY TIMES STAFF



The National Football League came down hard last week on "vicious" hits, notably helmet-to-helmet contact from defensive players, which the League says has helped raise the total number of concussions from 20 to 35 over the same time period last season.

The NFL is finding itself in quite a quandary with this situation. Let's face it, football is a violent sport; it has always been that way. At the professional level, it is especially violent and certainly not meant for the weak of heart.

There are a lot of voices, both pro and con, in the debate, and I can agree with what both sides are saying. On one hand, you do not want to take away an integral part of what makes this game so great; the spectacular hits that make all the highlight reels. There is something to be said for what fans are paying for when purchasing tickets or watching on TV. The NFL even makes videos marketed for showing tremendous hits.

They even sell photos of these big hits. Yet after last

week's announcement that players will face fines and possible suspensions for violating the League's policy on these hits, many photos showing the illegal hits were subsequently taken off websites selling them.

I'm dating myself yet again, but I distinctly remember my childhood/teen years in the 1970s and the style of football being played. Being a Viking fan, their defense was always one of the best, and they had some hard hitters. But the game has changed...somewhat. Paul Krause, all-pro safety and hall-of-famer for the Vikes, used to constantly throw his body at receivers or ball carriers, rather than execute a form tackle.

The difference today is folks like James Harrison for the Steelers, who incurred the largest fine from the NFL last week (\$75,000) for driving through Browns receiver Mohamed Massaquoi with both arms, not wrapping at all, simply throwing his nearly 300-pound frame into him.

What happened to form-tackling? I don't understand. Harrison easily could have still made a big hit with a perfect form tackle: arms around the receiver, head to the side, driving his hips through the target. He's not the only one. You see linebackers and defensive backs failing to use form

tackling all the time now. And when someone leads with his helmet first, disaster can happen.

What looked even more vicious to me was Patriots safety Brandon Meriweather hammering Ravens tight end Todd Heap, knocking him out of the game in a clear helmet-to-helmet violation.

So the gauntlet has been thrown down by the NFL. Stop leading with your helmet. No more body throwing at receivers who are defenseless. Someone may well get killed.

My advice? Have the coaches start teaching form-tackling again. It would be a refreshing and much safer alternative.

As of this writing, the Texas Rangers will be playing in their first World Series ever (back in August, I picked them as my dark horse), awaiting the Phillies-Giants winner. Good for them.

In games involving ranked teams in college football this week, we have LSU at Auburn (look for Auburn to still be undefeated), Nebraska at Oklahoma State (I'm picking the Huskers to come back from their first loss of the season), and Wisconsin at Iowa. I'm going with the Hawkeyes in a close one at Kinnick Stadium.

A movie that depicts vampires as they should be

BY SPC. MATTHEW KEELER
EXPEDITIONARY TIMES STAFF



"Don't be afraid. I'm going to give you the choice that I never had," Lestat offers early in the movie. What would you do if given the choice to live forever with no emotions, or to live a normal human life?

With all the excitement over sparkly men and women from "Twilight," it's time to review a movie that is about "real" vampires: "Interview With a Vampire" (1994), starring Brad Pitt, Tom Cruise, and Kirsten Dunst.

Brad Pitt plays Louis de Pointe du Lac who retells his life's struggles about becoming a vampire to Daniel Malloy (Christian Slater). Malloy is a writer who offers random questions and scenes, and brings the movie back to the

present. Slater does a good job of making the scenes entertaining by poking fun at the legends about vampires.

"So there are no vampires in Transylvania? No Count Dracula?" Malloy asks Louis, as if to ask what the audience is thinking.

"Fictions, my friend. The vulgar fictions of a demented Irishman," says Louis, severing any connection between those stories and this movie.

The best parts of the movie take place between Louis and Lestat, the vampire that turned Louis (Tom Cruise). Every time they are on screen together, it gives you a deep insight into the rise and fall of two different individuals and the difference between generations. Louis refuses to let go of his mortality and his heart, as if it will save him from the choice that he made. Lestat, on the other hand, has a complete disregard for the humans that he feeds on, and considers feeding off them more of a sport than anything else.

"I enjoy it. Take your aesthete's: taste purer things; kill them swiftly, if you will, but do it. For do not doubt, you are a killer," Lestat said to Louis, displaying his enjoyment in torturing both mortals and the caring Louis.

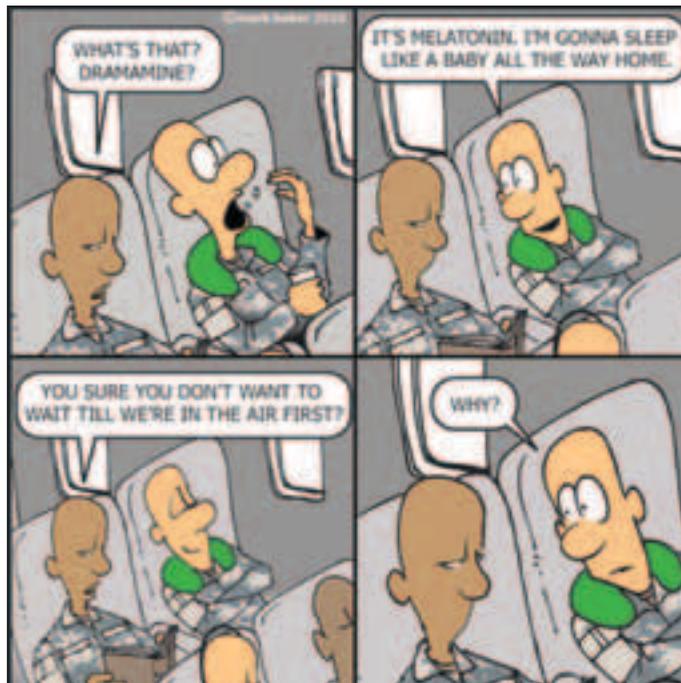
The audience gets an insight into how Louis went from a caring human to the uncaring vampire that he is in the present. The movie is done well, and the audience can see in Louis' actions his change in appearance and attitude.

"I knew peace only when I killed, and when I heard her heart in that terrible rhythm, I knew again what peace could be," Louis said.

The vampires in this movie are unlike the killers portrayed in other films. There are character flaws and underlying emotions to these immortals. And, in the case of Louis, he almost believes he should have died rather than been turned.

I give it 4.5/5, for the great acting, visual effects, and flow, and it depicts "real" vampires, not shiny supermodels.

PVT MURPHY'S LAW



Wednesday October 27
5 p.m. Machete (R)
8 p.m. Red (PG-13) (1st Run)

Thursday October 28
5 p.m. Going the Distance (R)
8 p.m. Red (PG-13) (1st Run)

Friday October 29
6 p.m. Resident Evil: Afterlife (R)
9 p.m. Hereafter (PG-13) (1st Run)

Saturday October 30
2 p.m. The American (R)
5 p.m. Hereafter (PG-13) (1st Run)
8 p.m. Resident Evil: Afterlife (R)
Midnight: Hereafter (PG-13) (1st Run)

Sunday October 31
2 p.m. Hereafter (PG-13) (1st Run)
5 p.m. Resident Evil: Afterlife (R)
8 p.m. The American (R)

Monday November 01
5 p.m. Step Up 3D (PG-13)
8 p.m. Hereafter (PG-13) (1st Run)



U.S. Army Photo by Spc. Matthew Keeler

Lt. Col. William McNeely, assistant chief of staff for G7 with the 103rd Sustainment Command (Expeditionary, and a Wichita, Kan., native, takes the lead before the last turn of the Army Ten-Miler Shadow Run Oct. 16 at Joint Base Balad, Iraq. McNeely finished first place overall with a time of one hour, 42 seconds.

U.S. Army photo by Sgt. Gaelen Lowers



U.S. Army photo by Spc. Matthew Keeler

ABOVE: Sgt. 1st Class Thomas Schonfarber, support operations noncommissioned officer with the 103rd Sustainment Command (Expeditionary), and an Oklahoma City, Okla., native, talks with cartoonist Dave Mowder during the National Cartoonist tour Oct. 14 at Joint Base Balad, Iraq.

LEFT: Spc. Nicholas Webster, mobile redistribution team member with the 289th Quartermaster Company, 13th Combat Sustainment Support Battalion, 3rd Sustainment Brigade, 103rd Sustainment Command (Expeditionary), and Detroit native, throws a piece of scrap metal off of the bed of a truck on Amnesty Day Oct. 19 at the MRT yard at Joint Base Balad, Iraq.