



The Expeditionary Times

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Sgt. J.J. Stover, foreign issue turn-in point noncommissioned officer-in-charge with the 394th Combat Sustainment Support Battalion, 3rd Sustainment Brigade, 103rd Sustainment Command (Expeditionary), and a Kearney, Neb., native, helps an Iraqi girl mold Play-Do® during Iraqi Kids Day Dec. 17 at Contingency Operating Base Speicher, Iraq.

Kids Day connects troops, Iraqi children

STORY AND PHOTO BY
SPC. MATTHEW KEELER
EXPEDITIONARY TIMES STAFF

**CONTINGENCY OPERATING BASE
SPEICHER, Iraq—** Soldiers with the 394th Combat Sustainment Support Battalion, 3rd Sustainment Brigade, 103rd Sustainment Command (Expeditionary),

hosted Iraqi children from a local orphanage to have a fun-filled day during Iraqi Kids Day Dec. 17 at Contingency Operating Base Speicher, Iraq.

“The idea behind Iraqi Kids Day was to help boost the morale of the Soldiers who miss spending time with their families and kids back home,” said Sgt. J.J. Stover, foreign issue turn-in point noncommissioned officer-in-charge with the 394th CSSB, and a Kearney, Neb., native.

Stover helped coordinate and plan Iraqi Kids Day. What began as helping the Soldiers at COB Speicher turned into an amazing day for both the

Iraqi children and the Soldiers.

“The last time an Iraqi Kids Day had been held at Speicher had been a couple of years ago,” said Stover.

What Iraqi Kids Day does is give local children in the community a chance to interact with Soldiers, he said.

“The most important thing is that, for today, the children are happy,” said Khadijah Hikmet, who works with disabled children at the orphanage, and a Samala, Iraq, native.

The children got a chance to play games like ping-pong, make arts and crafts, and meet the Soldiers who they might have only seen from far away. Everything about the event was either donated or purchased for the children, said Stover.

It’s the children who will be the future of Iraq, and it’s their minds that we need to change on the United States, said Stover.

“The Family Readiness Group from Freemont, Nebraska—wives, girlfriends, and family members mailed gifts to be given to these children,” said Spc. Sarah Ghyra, chaplain assistant

with the 394th CSSB, and a Pawnee City, Neb., native. Ghyra, along with many other Soldiers, had been wrapping and packaging gifts since 9 a.m. the previous morning to make sure that everything went well for Iraqi Kids Day, she said.

“We received boxes upon boxes of donations from back home,” said Stover. “Most of them already wrapped!”

It was not only the families in Nebraska that offered donations to the 394th CSSB for the event. Families from other states helped donate to the event including those from Minnesota and Pennsylvania.

It wasn’t just 394th CSSB Soldiers who volunteered their time to contribute to Iraqi Kids Day.

“It’s great to get help from Soldiers all across the base,” said Stover.

As the kids left Speicher with arms full of gifts and smiles on their faces, it was everything that he could hope for, said Stover.

“Thank you so much for the Soldiers’ help,” said Hikmet. “And again, it’s great for the children and that is what is important.”



**Entertainers show their appreciation,
gratitude for troops during the
holiday season**

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e-mail: escpao@iraq.centcom.mil

Getting past post-holiday blues

CAPT. BRANDT KLAWITTER
14TH TRANSPORTATION BATTALION CHAPLAIN



Each year, just as quickly as they arrive, Christmas and the winter holidays pass. When not deployed, what follows is a rush of post-holiday bargain shopping, returning and exchanging presents, taking down decorations, and the end of the seasonal music on the radio. For those of us who are deployed, even when the days blur together and we operate by the saying "same day, different day," there is also an awareness that something has passed. The Christmas cards and packages have been sent and received, the holiday phone calls and Skype sessions have come and gone, the special services are now over, and though we never got that far away from normal, deployed life now returns to just that--normal.

In light of this impending return to normalcy, what remains of the holidays? For some, it might be a bit of relief. The dreaded time of missing out on parties and gatherings has ended; the separation from loved ones for the holidays is now past. There's also the accompanying hope that next year the holidays will again be spent at home with loved ones. For others, the passing of these holidays carry with them a sense of thankfulness for gifts and greetings exchanged with loved ones—even over vast reaches of geography. And for still others, there's a bit of disappointment with the passing of these days. An exciting time of the year has flown by and suddenly we're rushing headlong into a new year with all of its unspoken hopes and unanswered questions.

Yet, is there any more to be gleaned from the hustle and

bustle of the now past season than perhaps a memory or two, a stack of Christmas cards, or a few gifts that will be packed into foot lockers sooner or later and sent back home? While answers to this question will vary, it is important to remember that holidays, historically, have carried with them more significance than mere presents and food. For example, Christmas (yes, that's how it is still officially spelled on the calendar, not "Xmas") carries with it a story so powerful that it has remained some two thousand years. It even remains year after year long after the lights are taken down and the holiday food disappears. In fact, in a world where gifts break, get returned, and grow obsolete, the original story of a baby in a manger is a story of a gift that does none of those. It is the story of a gift that was given to all mankind regardless of age, ethnicity, wealth, or social standing. It is the story of divine peace and goodwill to the entire human race in the person of a little baby. I guess, then, that as long as it is on the calendar, it's a story that may still be mentioned and which remains a cause of inspiration and joy to those willing to remember it.

So what is my point with all of this? My point is perhaps a bit of a reminder that there's more to seasons than food and gifts. There's more to holidays than simply feelings and memories. There's more to life than what can be bought and sold, enjoyed and consumed.

Chaplains are and have always been a reminder of that reality. And, while you may or may not agree with me in finding lasting meaning in the original gift of Christmas, you might do well to pause and ask yourself "What remains for you when the holidays have come and gone?" It's something to think about.

Shout Out!

To: the Jones Family at home:

"Hey fam...I want you to know that you are missed, thought about, and loved. This Christmas will be a little different, but the love we have in our hearts will keep it special!"

From: Master Sgt. Darnell Jones
103rd ESC G-6

EXPEDITIONARY TIMES

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

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

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

103rd ESC Operations NCO
Sgt 1st Class Kevin Askew
kevin.askew@iraq.centcom.mil

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

103rd ESC Staff Writers
Spc. Zane Craig
zane.craig@iraq.centcom.mil

Spc. Matthew Keeler
matthew.keeler@iraq.centcom.mil

Contributing public affairs offices
3rd Sustainment Brigade
224th Sustainment Brigade
3rd Battalion, 116th Cavalry Regiment
278th Armored Cavalry Regiment
332nd Air Expeditionary Wing

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escpao@iraq.centcom.mil

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The Weekly Standard: Rules of induction ceremonies

MAJ. ERIK VERHOEF
103RD ESC DEPUTY IG



The Army has been and continues to be a values-based organization in which everyone is encouraged to do what is right by treating others as they should be treated, with dignity and respect. Hazing is fundamentally in opposition to our values and is prohibited. Hazing is defined as any conduct whereby one military member or employee, regardless of rank, unnecessarily causes another military member or employee, regardless of rank, to suffer or be exposed to an activity that is cruel, abusive, oppressive, or harmful. Hazing is not limited to the superior/subordinate relationships, nor is it limited to whether or not the Soldier is "on-duty."

Hazing includes, but is not limited to, any form of initiation, "rite of passage," or congratulatory act that involves: physically striking another in order to inflict pain; piercing

another's skin in any manner; forcing or requiring the consumption of excessive amounts of food, alcohol, drugs, or other substances; or encouraging another to engage in illegal, harmful, demeaning or dangerous acts. Soliciting or coercing another to participate in any such activity is also considered hazing. Hazing need not involve physical contact among or between military members or employees; it can be verbal or psychological in nature.

Hazing is often found as part of an induction ceremony. One of the most famous ones was blood wings. Becoming an Airborne Soldier is a big deal and should be recognized by all other Airborne Soldiers, but while blood wings may have been appropriate in a past time, it is no longer. Keep this in mind next time you want to conduct an induction ceremony and check with your Inspector General or Judge Advocate General before you plan on doing any type of induction ceremony.

There are many good ways to induct Soldiers into an elite group; a Saber Arch comes to mind.

Inspector General Contacts

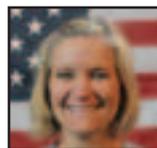
Joint Base Balad (103rd ESC):
DSN 433-2125
Lt. Col. Jeffrey Schneider (Cmd IG)
Maj. Erik Verhoef (Deputy)
Master Sgt. Arnett Cooper (NCOIC)

Adder/Tallil (224 SB):
DSN 433-2125

Speicher (103rd ESC):
VOIP 433-2125

Combat Stress: Maintaining proper sleep hygiene

MAJ. LORIE FIKE
85TH COMBAT STRESS CONTROL



Are you having trouble sleeping? Is your lack of sleep beginning to affect your job performance or your relationships? Difficulty sleeping, either with falling or staying asleep, is a common problem in theater. Lack of sleep or poor sleep can lead to many problems. Research studies show that decreased sleep leads to poor decision making, poor job performance, impaired memory and concentration, physical impairments, slowed reaction time, and increased feelings of irritability and anxiousness. Studies estimate that sleep deprivation currently costs U.S. businesses nearly \$150 billion annually in absenteeism and lost productivity. A survey conducted for Better Sleep Month reported that 31% of respondents felt that sleep deprivation impaired their quality and accuracy of work as well as their judgment. If you suffer from sleep deprivation, you may need to pay closer attention to your sleep hygiene. Wikipedia defines sleep hygiene as the controlling of all behavioral and environmental factors that precede sleep and may interfere with sleep. Sleepeducation.com states that sleep hygiene helps you stay healthy by keeping your mind and body rested and strong. This article will discuss some of the sleep hygiene techniques that may promote more restful sleep.

Assist your body in getting ready for sleep by clearing your mind and removing anticipations. It is difficult to sleep when you worry about the tasks that you did not accomplish today and the multitude of tasks that you need to get done tomorrow. If possible, avoid interactions that may be confrontational before going to bed. If you get into an argument before you go to bed, it will be difficult to forget about the conversation, your stress will likely increase, and your ability to fall asleep will decrease.

If mission allows, go to sleep and wake up at the same time every day and avoid daytime napping. A power nap (about 10-30 minutes) is acceptable when mission interrupts your sleep. A nap of greater than 30 minutes will likely affect your ability to fall asleep later. Follow a bedtime routine by doing the same tasks every night prior to bed. For example, wash your face, brush your teeth, put on your pajamas, read a book for ten minutes and then go to sleep. Once your routine is established, these specific tasks will cue your body that it is time to sleep.

You may also be able to make some environmental changes to promote improved sleep. First, get a fitted sheet. If your sheets are moving around all night, it is distracting and likely will wake you up. Organize your room so that it is comfortable and conducive to sleep. Add some touches, such as family pictures or a blanket from home to make your room inviting and a place that you want to sleep. Use your bed for sleeping only. Avoid reading in bed or watching movies in

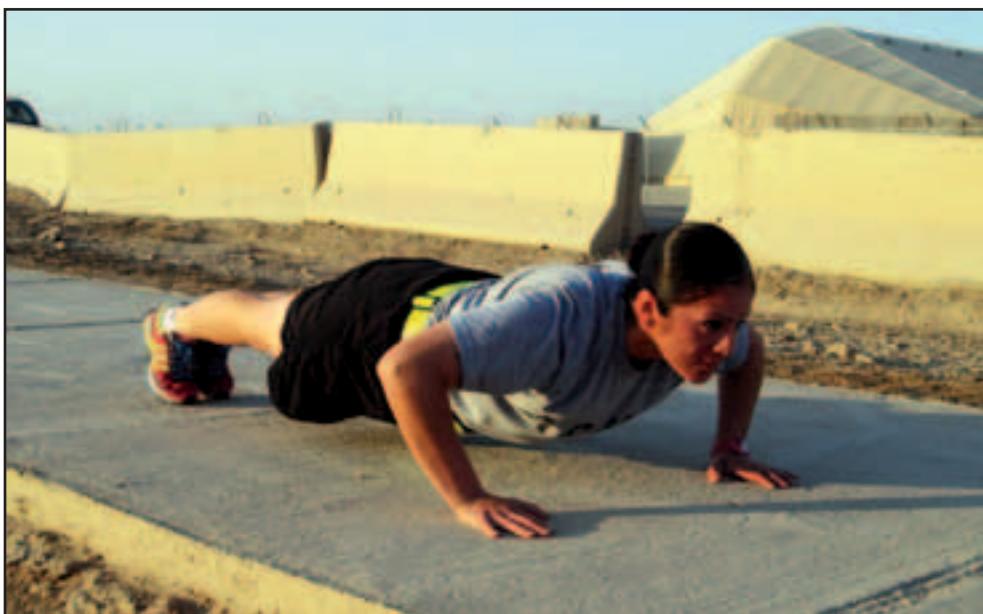
bed. Again, you want to program your body that your bed is the spot you sleep. If you are woken due to outside noise, try to use white noise, such as a fan or a sound machine. About 30 minutes prior to sleep, prepare your environment for sleep by lowering the lights and decreasing the sound.

Proper exercise and nutrition are also important for good sleep. Stay hydrated throughout the day rather than drinking 32 oz of liquid right before bedtime. Inevitably, your sleep will be interrupted when you are awakened to use the bathroom. Avoid high fat, greasy and spicy foods. These foods increase the chance for heartburn and indigestion. Avoid stimulants, such as coffee and energy drinks before going to bed.

Exercise is also an important component to good sleep. Exercise increases your core body temperature. Your core body temperature will slowly lower throughout the day and induce drowsiness. Ensure that you do not exercise right before you go to bed. Exercise is initially meant to stimulate you, causing a sense of euphoria, and it may take your body a couple of hours to calm down enough to sleep.

Sleep is an important part of your daily routine. To achieve peak job performance and to fully enjoy life, it is crucial that you value the importance of good sleep. The 85th Combat Stress Control offers a Sleep Hygiene class upon request. The class can be tailored for individuals or large groups. If you are interested in a Sleep Hygiene class, please contact the 85th CSC at 483-3385.

Soldier proves that hard work helps achieve PT goals



Staff Sgt. Antonia Silva-Warren a squad leader with the 15th Transportation Company, 110th Combat Sustainment Support Battalion, 224th Sustainment Brigade, 103rd Sustainment Command (Expeditionary), and a Chicago native, performs pushups to stay fit at Contingency Operating Base Adder, Iraq.

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

CONTINGENCY OPERATING BASE

ADDER, Iraq— A staff sergeant with the 15th Transportation Company, 110th Combat Sustainment Support Battalion, 224th Sustainment Brigade, 103rd Sustainment Command (Expeditionary), posted the highest Army Physical Fitness Test (APFT) score for all Soldiers recently at Contingency Operating Base Adder, Iraq.

Staff Sgt. Antonia Silva-Warren, a squad leader with the 15th Trans. Co., and a Chicago native, earned a score of 294 out of 300 points, the highest score among females who took the test that day.

The APFT consists of two minutes of push-ups, two minutes of sit-ups, and a two-mile run.

The 15th Trans. Co. has been conducting APFTs over the last few weeks as Soldiers come back from their missions. Silva-Warren has been training for the APFT for several weeks.

"I have been working hard in the gym in between missions to stay fit and meet my goal of 290 or better," she said.

Silva-Warren has finished many missions since arriving in country last June, completing several retrograde missions throughout Iraq and Kuwait. She has found the necessary time to stay fit by eating right and working out regularly, whether she is at COB Adder or on other forward operating bases.

"It was a struggle early in my career to meet the Army standard for fitness," said Silva-Warren. "Through mentorship and role modeling from noncommissioned officers in my previous units, I have attained my goal. Moreover, it takes determination and discipline both with diet and exercise to reach your fitness goals."

NFL stars arrive at JBB, talk current football issues

STORY BY
SPC. MATTHEW KEELER
EXPEDITIONARY TIMES STAFF

JOINT BASE BALAD, Iraq— During their tour of Joint Base Balad, Iraq, former National Football League players shared their own opinions on the current questions about the rise in hard hits and tackles in the NFL this season.

The players were invited to JBB by the United Services Organization and Tostitos to take part in a “Salute the Troops” bowl, during which both former NFL players and coaches would participate along with service members in a flag football game.

“To me, that has been my issue since the game started,” said Andre Reed, former NFL wide receiver who played for 16 years in the NFL (15 for the Buffalo Bills, and one season with the Washington Redskins), while talking about hard hits during his career.

“I took a lot of rough kinds of hits,” he said, then pointed to Zach Thomas, “This guy got me a few times.”

Zach Thomas, a former NFL linebacker for 12 seasons with the Miami Dolphins, and another player to participate in the Tostitos Bowl, recorded more than 1,000 tackles at the linebacker position during his career.

Another defensive player, who is part of the “Salute the Troops,” bowl, is LaVar Arrington.

“The mentality of when you go out to play football is—most certainly as a defensive individual or an offensive lineman—is to be physical,” said Arrington, former NFL linebacker who played for the Washington Redskins for six seasons, and one season for the New York Giants.

“I do come from a military background, and when my father introduced the game to us, it was basically if you are going to go out there to play, you play every play like it is your last,” said Arrington. “And you are not going to quit.”

It was this hard-working spirit that awarded Arrington with three selections to the NFL Pro Bowl over his career.

The problem in making a rule based on hitting is the impli-



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

(Left to right) Antonio Freeman, former Green Bay Packers wide receiver, LaVar Arrington, former Washington Redskins linebacker, and Rodney Peete, former Philadelphia Eagles quarterback, talk with service members about their experiences with the military and the National Football League as a part of the players’ and coaches’ interview Dec. 20, prior to the Tostitos “Salute the Troops” Bowl Dec. 21, a joint effort with the United Services Organization at Joint Base Balad, Iraq.

cations between an intentional act to take another player out of the game, and one that is unintentional.

“I do not think that I’ve ever played against a guy who was deliberately trying to take out or mess up [my] career,” said Reed.

Reed is known for his durability and speed as a wide receiver, while Arrington is known more for his hard hitting abilities.

“I think that when you take a look at the injuries that are taking place, I think that some of the guys who are making the hits have lost their way in terms of how the game is played,” said Arrington. “And I think what is being lost is the fundamentals of the game.”

It’s the loss of these fundamentals that have the NFL looking for ways to further protect players by discouraging

dangerous and potentially career-ending hits. The result is an increase in player fines for flagrant or malicious hits.

“Some people feel like they are being fined too much, but [the fines] are just out there to protect people,” said Reed.

Most players agreed that there is a fine line to be drawn in order to regulate hard hits and tackles while still maintaining the integrity of professional football.

“You have to be very careful in how you regulate how a game that is a full-contact sport is played, otherwise you will lose the essence of what the game is all about,” said Arrington.

The end result is that the NFL must be on constant check to make sure that players are being protected, without changing the game that players like Reed, and Arrington made great.

New leader brings experience, gains new perspective

STORY AND PHOTO BY
SPC. ELLIOTT PLACK
220TH TRANSPORTATION COMPANY

CONTINGENCY OPERATING BASE SPEICHER, Iraq—

The 220th Transportation Company, 394th Combat Sustainment Support Battalion, 3rd Sustainment Brigade, 103rd Sustainment Command (Expeditionary), was assigned a new platoon leader in the middle of its deployment to northern Iraq.

First Lt. John Weirauch of Spokane, Wash., began his tour with the 14th Transportation Battalion as a staff officer, writing operations orders and managing convoys throughout the Iraq.

The 220th Trans. Co. is a reserve unit out of Keene, N.H. When this unit deployed, it had several noncommissioned officers in platoon leadership positions.

“In fifteen years in the Army Reserves, all served with transportation companies, I have never had a lieutenant in my platoon,” explained Sgt. 1st Class Henry Concepcion, platoon sergeant with the platoon of which Weirauch is now in charge.

“I was lucky enough to land in a company that could use me, and would be there long enough to be worthwhile,” says Weirauch. “I’ve only been here a month and have

learned a lot from the Soldiers and leaders.”

Most Reserve Soldiers are used to not having a junior officer in their lower-level chain of command. This is beneficial to them, said 1st Sgt. Anthony Del Pozzo, senior enlisted leader with the 220th Trans. Co., and a Salem, N.H., native.

“This allows Soldiers to make the distinction between and commissioned officer and a noncommissioned officer in their chain of command, and it allows them to react accordingly,” said Del Pozzo.

It is also beneficial to the platoon sergeant. With the ongoing conflicts around the globe, Reservists are finding themselves on active duty regularly. Back in the drilling environment, Soldiers learn how to do their job and fight, but they don’t often experience active duty chain of command. Platoon sergeants are no different.

“As platoon sergeant, I never had a platoon leader, and so I made all of the decisions for the platoon myself, outside of directives and orders from the commander and first sergeant,” said Concepcion. “The NCO does everything. Now having a lieutenant to report to and work with, I see the value of the junior officer.”

In a transportation company, the platoon leader is charged with handling mission logistics, according to an Army Field Manual, while the platoon sergeant makes certain that the Soldiers are well trained, properly maintaining their equipment, and



First Lt. John Weirauch and Sgt. 1st Class Henry Concepcion, both with the 220th Transportation Company, 394th Combat Sustainment Support Battalion, 3rd Sustainment Brigade, 103rd Sustainment Command (Expeditionary), examine an inventory of assigned vehicles to the platoon. Every piece of equipment assigned to the platoon, including communications equipment and vehicles, is ultimately the responsibility of Weirauch to account for and maintain, which exceeds a total value of \$1 million.

their well-being. Having the officer there to handle the logistics of the missions allows the platoon sergeant to spend more time with the soldiers, and thus everyone benefits overall.

The future for Weirauch is uncertain, as he will soon redeploy back to Italy with his battalion. However, with all the valuable

experiences he has had here, and will have, he hopes to move to a company-level position.

“I’ve had the experience to be battalion staff, and I’ve had the experience to be platoon leader,” said Weirauch. “Working with Soldiers is much more fun than working at the staff level.”

BOSS program keeps Soldiers involved at JBB

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

JOINT BASE BALAD, Iraq— The 3rd Sustainment Brigade, 103rd Sustainment Command (Expeditionary), Better Opportunities for Single Soldiers program is back and already has events lined up for its Soldiers and civilians, as well as the rest of Joint Base Balad, Iraq.

Starting Dec. 18, the 3rd Sust. Bde. BOSS representative, Sgt. Terrie McKenzie, support operations' Standard Army Maintenance System-Level 2 noncommissioned officer-in-charge with the 3rd Sust. Bde., and a Vincent, Ala., native, came out of BOSS retirement and lined up several events to get Soldiers involved with the help of her battalion BOSS representatives.

"At the beginning of the deployment, I felt that because of JBB being a larger installation, that the Soldiers would have plenty to do," said McKenzie. "But after several months of Soldiers asking me to coordinate some events, I decided to get some things together for the Soldiers."

The first of these events was the 3rd Sust. Bde. BOSS Poetry Slam, which occurred



Command Sgt. Maj. Clifton Johnson, senior enlisted advisor for the 3rd Sustainment Brigade, 103rd Sustainment Command (Expeditionary), and a Lima, Ohio, native, reads a poem he composed for a group of Soldiers Dec. 18 at Joint Base Balad, Iraq, as part of the 3rd Sust. Bde.'s Better Opportunity for Single Soldiers Poetry Slam.

Dec. 18 at the JBB Morale, Welfare and Recreation movie room. Other tentative events include a battalion basketball tournament Jan. 14-15, and a fashion show to be

held Feb. 26.

"That's it for right now, but we are still working to get more things done as we finish out this deployment," said McKenzie. "I am

doing this for the Soldiers."

McKenzie is no stranger to the deployment woes that some Soldiers experience while away from their friends and families; this is her third tour in Iraq.

"I don't want anyone to sit around their room and be mopey when I know that I can easily put something fun together that the Soldiers want to do," she said "I will give them something to do and get them out of their rooms. I like helping the Soldiers."

With McKenzie deciding to return after her sabbatical from the BOSS program, the Soldiers with the 3rd Sust. Bde. and her battalion BOSS representatives were very excited to have her back in the saddle, said Sgt. Shafon Griggs, Special Troops Battalion promotions NCOIC with the 3rd Sust. Bde., and a Passaic, N.J., native.

"I'm very excited to have BOSS back and to show our support for the single Soldiers," said Griggs. "Being out here, everybody is a geographical bachelor so we hope that our events and programs will benefit everyone."

McKenzie said that several Soldiers have already approached her with interest in the upcoming events. She said that with so much immediate interest, she is hoping for a large turnout for each event.

"My break from BOSS is over and I am ready to hit the ground running for the rest of this deployment," said McKenzie.

Tostitos pep rally pumps up troops for upcoming game

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

JOINT BASE BALAD, Iraq— Soldiers, Airmen and civilians at Joint Base Balad, Iraq, cheered and jeered their favorite and hated players and teams as Tostitos and the United Services Organization held a pep rally for fans of the upcoming flag football game, the Tostitos "Salute the Troops" Bowl, Dec. 20 as a show of appreciation to the troops stationed in Iraq.

More than 100 service members were treated to free Tostitos chips and dip, as well as given the opportunity to talk to some of the National Football League's and college football's finest players and coaches during the rally.

The rally was held for service members to get them pumped up for the upcoming flag football game, where team Head Hunter, consisting of Soldiers with Headquarters and Headquarters Company, 13th Combat Sustainment Support Battalion, 3rd Sustainment Brigade, 103rd Sustainment Command (Expeditionary), as well as other service members on JBB, were given the opportunity to play with the players and coaches Dec. 21.

"I respect these guys so much for taking the time out of their lives to come out here and play some backyard football with us," said Staff Sgt. Jamian Slade, human resources noncommissioned officer with the 13th CSSB, a Newport News, Va., native, and center and tight end for team Liberty (the blue team). "It shows us how much support we have back home."

Other players expressed their gratitude for being given the opportunity to meet and play with their idols. These legends of football are a great inspiration to everyone and they deserve all the respect and admiration that the troops can give them, said Staff Sgt. Brandon Carey, 13th CSSB night time battle NCO, a Miami native, and wide receiver/corner back for team Freedom (the white team).

Although the troops were especially grateful for having the pro and college stars come to Iraq for them, the players and coaches said that for them, the tables are turned and they are the ones who are thankful for the troops, said Bobby



Bobby Bowden, former coach at Florida State University, speaks to troops during a pep rally Dec. 20 for the Tostitos "Salute the Troops" Bowl at Joint Base Balad, Iraq.

Bowden, former coach for Florida State University.

"It's a great privilege for me to be here," said Bowden. "Everyone keeps thanking us for coming over here and spending some time with you all. It ought to be the other way around, because we thank you for all that you do."

Jim Kelly, former quarterback for the Buffalo Bills, echoed Bowden's thoughts by saying that this was something that each and every one of them was looking forward to, and that they all thanked the troops for everything from the bottoms of their hearts.

Former coach for Texas A&M, Gene Stallings, said that he was excited to be here with the troops.

"Those of us that live in the States, that live free, we have a genuine appreciation for what you people are doing," said Stallings. "It's an absolute joy to spend a little time over here with you guys."

After team introductions, the players and coaches took questions from the audience, then signed autographs for all who wanted one. Many fans brought personal memorabilia to have it signed by their favorite college or NFL star.

The Tostitos "Salute the Troops" Bowl continued the next day with a flag football game that is slated to be played at halftime Jan. 1 during the Tostitos Fiesta Bowl in the U.S. on ESPN.

Team embarks on first convoy since unit's arrival

STORY AND PHOTO BY
STAFF SGT. PATRICK CALDWELL
3-116TH CAVALRY REGIMENT

JOINT BASE BALAD, Iraq— The team's first convoy mission began in the early-morning under a deep black Iraqi sky.

As the countryside around Joint Base Balad, Iraq, slept Dec. 12, the Guardsmen with eastern Oregon's Company F, 3rd Battalion, 116th Cavalry Regiment, 3rd Sustainment Brigade, 103rd Sustainment Command (Expeditionary), labored under the large, hard white klieg lights stationed at intervals around their compound.

The lights pushed shadows away from the line of Mine Resistant Ambush Protected vehicles, where Company F Soldiers made last-minute adjustments to their equipment.

As he walked through the shadows, the convoy escort team commander, Staff Sgt. Tony Cox, a Redmond, Ore., native, confirmed each crew was ready to move out. He answered questions, verified radio frequencies and then confirmed his orders for the day.

As daylight shoved the night away, Cox put on his body armor and helmet and hopped into the MRAP he commands.

"Time to go," he said.

The convoy escort team drove out of Company F's compound and traveled to a large, open area where dozens of semi-trucks idled in the early morning sun. Cox then left his MRAP to make final preparations with the convoy coordinator. Part of the job for Cox at the truck park revolved around ensuring all the paperwork for the mission was in order. Another key piece involved checking the semis, he said.

"I need to make sure the trucks are mechanically ready, tires are not broken, that they are all fueled up," he said.

After the final checks, Cox crawled back into the MRAP and the convoy moved out toward the main gate. Past the main gate, each gunner in each MRAP test fired his weapon into a big, brown pit and then the convoy headed out onto the road off the base.

This day, the mission served two purposes: to get a convoy to a nearby forward operating base, and to offer the Soldiers of the unit's escort teams a taste of the job they will perform for the next nine months.

The convoy proceeded slowly, moving through a series of small villages. As the Soldiers steered through the villages, children ran up to the MRAPs and waved or gave the thumbs up sign. Men and women barely looked twice at the familiar sight.

By the time the convoy reached its destination, it was already midday and the initial apprehension for some of the Soldiers evaporated. One driver, Pfc. Chris Soderholm, a Baker City, Ore., native, said before the convoy left his base, he was keyed up.

"When we first left, I was shaky from excitement," he said, adding that his first impression of Iraq was a good one. "Seems like most of the men were busy trying to make a good, honest living."

The convoy is, in many ways, a microcosm of Company F, a unit that draws Guardsmen from across Oregon. The unit boasts a lot of Veterans from earlier tours to Iraq, but it also contains a lot of men and women who never deployed.

Cox, for example, spent a year in Afghanistan with the Guard, while Soderholm and Spc. James Rouleau a gunner and Dalles, Ore., native, are both rookies. For Rouleau and Soderholm, the deployment is something they wanted to experience.

"I'm excited. I'm confident in my [truck commander] and my gunner," said Soderholm.

Rouleau's step-brother is also in Company F. That fact, he said, pays dividends for him emotionally.

"It feels good, knowing I've got people I really know watching my back," he said.

Rouleau added that the convoy trip was a little nerve-racking.

"As a gunner, I have to be on the lookout for things that could hurt people in another truck or in my own," he said.



A line of Mine Resistant Ambush Protected vehicles operated by Soldiers with Company F, 3rd Battalion, 116th Cavalry Regiment, 3rd Sustainment Brigade, 103rd Sustainment Command (Expeditionary), stand ready to begin a convoy recently at Joint Base Balad, Iraq.

'I'm excited. I'm confident in my [truck commander] and my gunner.'

- Pfc. Chris Soderholm

While waiting to pick up a return convoy, Cox said cooperating with the people of Iraq is still important, even as the American military starts a drawdown process.

"Interacting with the population is a positive thing," he said. "It is one of the things I wished we could do more of."

Building a level of trust with the local people is pivotal, said Cox.

"If you are willing to talk to them, you will get a much more positive reaction," he said.

The convoy was covered by darkness by the time it made it back to JBB.

Unlike the early years of the war, the MRAPs moved down the highway with lights on, and allowed Iraqi vehicles to pass. The convoy proceeded slowly, going through check-points manned by Iraqi Army Soldiers. It was early evening by the time the convoy moved inside the gate at JBB. The convoy suffered no attacks, no improvised explosive device ambushes, and most of the people the CET saw on the way were friendly. The convoy was a non-event, but it proved to be a huge learning experience for the crew of the convoy.

"It was interesting to see how people lived in this area, and it makes you appreciate what we have stateside," said Rouleau.

Even with the convoy safely inside the base, Cox's work was not finished. He had a number of loose ends to wrap up, including turning in new paperwork for the incoming convoy, then the crew of convoy had to fuel up and conduct maintenance on their big vehicle.

As a Veteran, Cox said he recognizes how quickly a routine mission could go wrong. He said he understands how his experience can pay off for both Soderholm and Rouleau, and other Soldiers in Company F.

"My tour in Afghanistan taught me more about life and death than I ever wanted to know," he said. He paused and thought for a moment. "We need to keep talking to these people as we go out [and] leave Iraq."



Pfc. Chris Soderholm, a Mine Resistant Ambush Protected vehicle driver with Company F, 3rd Battalion, 116th Cavalry Regiment, 3rd Sustainment Brigade, 103rd Sustainment Command (Expeditionary), and a Baker City, Ore., native, helps Spc. James Rouleau, a gunner with Company F, 3-116th Cav. Regt., and a Dalles, Ore., native, secure a stretcher on the back of an MRAP before a recent convoy mission.

Program spreads holiday cheer to troop's Family

STORY BY
MAJ. ANGEL WALLACE
103RD ESC PAO

JOINT BASE BALAD, Iraq— Family and community are the core components that help many service members during deployment. Their connection and support make a tremendous difference, especially during the holidays. Being away from home during the holiday season can be very difficult for both the troops and their Families, but technology, frequent phone calls, hand-written letters and supporting organizations help close the distance for many here in Iraq.

This connection to Family and community is why one Soldier, Chief Warrant Officer 5 Anthony Brace, Command Chief Warrant Officer with Headquarters and Headquarters Company, 103rd Sustainment Command (Expeditionary), said he wasn't surprised to hear that his Family and his home were selected by a national program to be recognized during the holidays.

Christmas Décor is an organization that has created a program specifically for families of deployed service members to add some cheer to their lives during the holidays. The initiative, called Decorated Family Program, takes nominations from across the country for deserving families with unique circumstances in conjunction with their loved ones deployment.

"We found out about our selection about two weeks before [Greenskeepers] showed up to decorate the home," said Anthony. "Immediately, my wife, Sandy, and I discussed not being surprised about the nomination."

The obvious choice wasn't based on what



Courtesy photo by Debbie Griffin, River Falls Journal

ABOVE/BOTTOM RIGHT: Greenskeepers, a local company in River Falls, Wis., decorated the home of Chief Warrant Officer 5 Anthony Brace, Command Chief Warrant Officer with Headquarters, Headquarters Company, 103rd Sustainment Command (Expeditionary), and his family Dec. 15. The Braces were selected to receive the service through a nomination by neighbors for the Decorated Family Program, a national program that donates their products, resources and time to decorate the homes of military personnel and to thank the military families of troops serving overseas for their dedication to and support of the armed forces.

anyone might guess either.

"When we moved to River Falls [Wis.] in 2004, we had only been there three or four hours, and the moving truck was still unloading our things," recalled Anthony.

"Our neighbors were already there with cups of coffee to welcome us to the neighborhood. We affectionately call our place 'Route 1 Utopia.'"

That same neighborhood watched over the family and their home throughout the years, taking care of whatever they could to help out, whether it was snow removal,

mowing the lawn or just a friendly hello. They continued to maintain watch over the home even after the Braces moved to Des Moines, Iowa, and were unable to sell their place in River Falls, never knowing if the Braces would even be able to return to their beloved community.

In 2010, prior to deploying with the unit, the Braces made the decision to move Sandy and their youngest daughter, Christen, back to their home in River Falls, where they have decided to retire. Eight months later, with their neighbor's nomination, it reaffirmed

their feeling of belonging.

"Our neighbors, Diane and Jerry, nominated us for this honor," said Anthony. "Sandy and I were humbled by this. We are no more deserving than anyone else. In fact, there are so many others that could use this more." He went on to explain that qualifiers were individuals with loved ones deployed, and others he was aware of didn't have any family there that would benefit from the nomination.

Sandy echoed her husband's thoughts about the nomination.

"I think the real story here is about the fact that there are lots and lots of people here who have not forgotten about our deployed Soldiers or their Families," she said.

The Braces have been married for 16 years and have four children and five grandchildren. Looking at Anthony's office and the pictures that adorn the walls, it is clear how much his family plays a part of his life here in Iraq.

"When I come home from work, my days here are very similar to what they are back home," he said while discussing how he remains connected across the miles. "We would stop and sit and talk about her day."

"Sandy is in charge of the music for the services at our church," he continued. "I was the choir director. We continue to coordinate those schedules because I play piano for services here [in Balad]."

Sandy acknowledges that their time apart has gone quickly, but believes her husband can't get home soon enough. As a final thought to her husband and those deployed overseas she said, "It is so important that you all know that, while you are deployed, folks back home are thinking about you."

She also added a huge "Thank you" to those who decorated their home, "Not just for us, but that you are taking care of Soldiers' Families."



Courtesy photo

Chief Warrant Officer 5 Anthony Brace, Command Chief Warrant Officer with Headquarters, Headquarters Company, 103rd Sustainment Command (Expeditionary), and his wife, Sandy, were nominated to have their River Falls, Wisc., home decorated for the holidays by the Decorated Family Program Dec. 15.

'The real story here is about the fact that there are lots and lots of people here who have not forgotten about our deployed Soldiers or their Families.'

- Sandy Brace



Courtesy photo by Debbie Griffin, River Falls Journal



U.S. Army photo by Spc. Zane Craig

STARS SALUTE TROOPS

STORY BY
SPC. EMILY WALTER
EXPEDITIONARY TIMES STAFF

JOINT BASE BALAD, Iraq— The Army chief of staff's personal advisor, a supermodel, NFL cheerleaders, a comedian, and a few musical performers. It seems an unlikely combination, but for the United Services Organization and Sgt. Maj. of the Army Kenneth Preston, the personal advisor to the Army chief of staff on all enlisted-related matters, it was the perfect crew to go on a morale-boosting holiday tour in Iraq and Afghanistan, which included a stop at the Sustainer Theater Dec. 19 at Joint Base Balad, Iraq.

Preston arrived with the Dallas Cowboy cheerleaders, the Army Band "Pershing's Own," supermodel Leeann Tweeden, comedian Chonda Pierce and several other entertainers to meet with service members at JBB during the day. When darkness fell in the evening, the entertainers lit up the stage at the theater during a lengthy procession of performances that left service members laughing, dancing and chatting in high spirits.

First to take the stage was Preston himself, who has helped organize the Hope and Freedom Tour each holiday season for the past several years in a continuous effort to improve deployed troops' morale and welfare. He reiterated the fact that all of the entertainers volunteered to partake in the tour, and that it was their way of thanking service members.

"When you look at the entertainment industry, and whether you are an actor, a musician, a model, a cheerleader, or a comedian, the holiday season is usually a time when you're spending time with your family," said Preston in his opening remarks. "...But these entertainers in here have come over here to say thanks. This is their opportunity to give back."

Following Preston's introduction, the Army Band started the show strong with the

Army's signature tune, "Army Strong," and then transitioned to a wide range of genres, including classic rock, modern rock and pop. Songs included Bon Jovi's "Livin' on a Prayer," Katy Perry's "California Gurls," and Jason DeRulo's "In My Head." Amidst complex guitar riffs, a trumpet-trombone-saxophone trio and intense drum beats, the singers frequently interacted with audience members up and down the aisles for the duration of their performance.

"I will tell you, the world-famous United States Army Band is second to none," said Preston prior to the band's set. He added that the band members are "world-class" musicians, especially because they provided backup for every other musical performer at the concert, with little practice beforehand.

Leeann Tweeden was the master of ceremonies who introduced each performer throughout the concert. She has been on several USO tours prior to this one.

"She has a big heart," said Preston of Tweeden. "She's been over here many, many times. In fact, she's been over here in this theater [approximately] 14 times, and she continues to volunteer to come back with me year after year."

Tweeden introduced herself and described her father's military service in Vietnam, her husband's service in the Air Force, and how she made USO handshake tours a part of her career. She also emphasized the importance of service members' families during the difficult times of deployment.

"Thank your family members for us—for me, personally," she said. "Thank you very much for what you do, and your families who sacrifice everything. We [entertainers] love you so much and we will tell your story...So, again, from the bottom of my heart, and from everyone here who will tell you their story tonight, thank you for your service. You make me proud to be an American, and we're so privileged to be here with you tonight."

As Tweeden suggested, each entertainer told his or her own story about why they wanted to take part in the holiday tour for deployed service members. For country musician Keni Thomas, who performed with

his band Cornbread, it was partly because of his own military service in Somalia. He said he felt that every service member has a story that needs to be told, and that the rest of the world is interested in these stories. A couple of the band's songs reflected Thomas's military experiences.

"[Military service is] a family business," said Thomas. "We're a very small community, and there are stories that need to be told...You gotta get out there and you gotta talk about the people on your left and the people on your right, because the rest of the world [appreciates] you, but they don't understand it. But they do want to hear about it."

Following Cornbread's performance, Pierce evoked uproarious laughter with her dry, sarcastic sense of humor and jokes directed toward specific audience members. She had participated in USO tours before, and said that visiting service members overseas was always on her list of things to do.

Up next were singer/songwriter Alana Grace and her guitarist Jon Ketchum, two young musicians who performed in last year's Hope and Freedom Tour, and enjoyed it so much that they were eager to do it again. Their stop at JBB marked Grace's 23rd birthday, and she said she was more than happy to spend it overseas with troops.

"Every time I'm here with you, my respect level goes up tenfold," said Grace. "What you do here is really amazing, so thank you."

Finally, country musician Buddy Jewell and his fellow guitarist Joe Cook performed their closing set of songs, two of which were specifically related to service members and Veterans. Jewell, who was the first winner of the Nashville Star competition, echoed the sentiments of all the other performers, conveying his gratitude for the troops overseas.

"We're here to bring you a little piece of

home and to tell you guys and gals we appreciate you being out here for us, and what a blessing you are for us and our families back home," he said.

At the end of the show, every performer, including Dallas Cowboy cheerleaders Nicole Hamilton and Brandy Redmond, came out on stage and joined the audience in singing "Stand By Me." The finale left the audience with a palpable sense of hope and reassurance that every performer truly did care about deployed troops during this holiday season.

Several service members expressed their gratitude for the performers coming to entertain in Iraq, far away from their families during the holidays.

"You respect them [the entertainers] as much as they respect you," said Spc. Charles Dickman, a protocol specialist with the 3rd Battalion, 116th Cavalry Regiment, 3rd Sustainment Brigade, 103rd Sustainment Command (Expeditionary), and a Pocatello, Idaho, native. "It's a very commendable thing that a lot of performers don't do, and it makes you feel good."

Pfc. Shane Thome, a paralegal specialist with the 3rd Sust. Bde., 103rd ESC, and a Mount Joy, Pa., native, had only been in country for a couple hours before going to the show.

"When you first get here [to Iraq], you feel a little bit homesick," he said as he stood in line for an autograph from the entertainers. "But the concert was awesome, and it's helping me adjust."

A line of service members snaking longer than the length of the theater's aisles awaited autographs and handshakes from the performers. Although that marked the end of this stop on the Hope and Freedom Tour, the performers quickly packed all their gear up to fly out of JBB for a future performance in Afghanistan, to spread their star-studded holiday cheer to another crowd of troops.

**‘WE LOVE YOU SO MUCH AND WE WILL TELL YOUR STORY...
YOU MAKE ME PROUD TO BE AN AMERICAN, AND WE’RE SO
PRIVILEGED TO BE HERE WITH YOU TONIGHT.’**

- Leeann Tweeden



U.S. Army photo by Spc. Emily Walter



U.S. Army photo by Spc. Emily Walter



U.S. Army photo by Spc. Emily Walter



U.S. Army photo by Spc. Emily Walter

TOP RIGHT: Country musician Keni Thomas performs for a crowd of service members during the Hope and Freedom Tour at Sustainer Theater Dec. 19 at Joint Base Balad, Iraq. Sgt. Maj. of the Army Kenneth Preston, the personal advisor to the Army chief of staff on all enlisted-related matters, coordinated with the United Services Organization and several entertainers to plan the yearly holiday tour for deployed service members throughout Iraq and Afghanistan.

TOP LEFT: A member of the United States Army Band “Pershing’s Own” serenades Sgt. Maj. Robin Kane, knowledge management noncommissioned officer-in-charge with the 103rd Sustainment Command (Expeditionary), and a Huntington Beach, Calif., native, during the Hope and Freedom Tour at Sustainer Theater Dec. 19 at Joint Base Balad, Iraq. Sgt. Maj. of the Army Kenneth Preston, the personal advisor to the Army chief of staff on all enlisted-related matters, coordinated with the United Services Organization and several entertainers to plan the yearly holiday tour for deployed service members throughout Iraq and Afghanistan.

MIDDLE LEFT: Comedian Chonda Pierce and Supermodel Leeann Tweeden entertain the crowd of service members during the Hope and Freedom Tour at Sustainer Theater Dec. 19 at Joint Base Balad, Iraq. Sgt. Maj. of the Army Kenneth Preston, the personal advisor to the Army chief of staff on all enlisted-related matters, coordinated with the United Services Organization and several entertainers to plan the yearly holiday tour for deployed service members throughout Iraq and Afghanistan.

BOTTOM LEFT: Singer/songwriter Alana Grace performs with two Dallas Cowboy cheerleaders for a crowd of service members during the Hope and Freedom Tour at Sustainer Theater Dec. 19 at Joint Base Balad, Iraq. Sgt. Maj. of the Army Kenneth Preston, the personal advisor to the Army chief of staff on all enlisted-related matters, coordinated with the United Services Organization and several entertainers to plan the yearly holiday tour for deployed service members throughout Iraq and Afghanistan.

Medical professional chooses to help troops in Iraq

STORY AND PHOTO BY
SGT. GLEN BAKER
3RD SUSTAINMENT BRIGADE

CONTINGENCY OPERATING BASE

ADDER, Iraq— A field surgeon with the 224th Sustainment Brigade, 103rd Sustainment Command (Expeditionary), decided to leave his private practice for 120 days to serve at the 224th Sust. Bde. Troop Medical Clinic at Contingency Operating Base Adder, Iraq.

Maj. Martin Lesser, a field surgeon with the 224th Sust. Bde., and a Brooklyn, Calif., native, asked some of his colleagues to substitute for him in his absence at his private practice in Hollyoke, Mass., after being asked to serve in a tour overseas.

Lesser, 58, joined the Massachusetts National Guard in December 2008 as a major in the medical corps. He explained why he decided to join the Army and work as a physician in Iraq.

"I was told that there was a serious shortage of physicians in the military," said Lesser.

"This was just an unbearable thought being told that there was a shortage, so I responded, 'Well, if I were younger, then maybe I could help you.' And they responded, 'Don't worry about that, we have age exemptions.' So a recruiter decided to look me in the eye and say, 'We desperately need you.'"

Lesser resides in Longmeadow, Mass., when he's not on a deployment. He has been a solo practitioner in family medicine for 18 years.

Lesser said that his age didn't limit him from joining the National Guard.

"I was told that age was not a consideration," he said. "I was also told there was a limit to how long they send doctors out. So I didn't think it could get any easier than that. I almost couldn't imagine saying no."

Lesser described how his colleagues are managing his workload in his absence.

"They are seeing my patients in my office and they are using my charts," he said. "There are four different providers.



Maj. Martin Lesser, field surgeon with the 224th Sustainment Brigade, 103rd Sustainment Command (Expeditionary), and a Brooklyn, Calif., native, assesses Staff Sgt. Jarvis Payton, platoon sergeant with the 632nd Maintenance Company, 110th Combat Sustainment Support Battalion, 224th Sust. Bde., and an Atlanta native, at the Dec. 22 at the troop medical clinic at Contingency Operating Base Adder, Iraq. Lesser, 58, took a leave of absence at his private practice to serve on his current deployment.

One physician is working four shifts. Each shift is roughly four hours. Then I have one working two shifts, which is an entire day, and two working an afternoon. So basically they were volunteering to do anywhere from one shift per week to four...They're also doing their own 'deployment.' It's a limited time; they know when I'm supposed to come back, so there's an end in sight."

Lesser said that he learned a lot from his four-week basic training at Ft. Sam Houston in San Antonio, Texas.

"The training did not consist of teaching us medicine," he said. "The training was learning about the Army. The Army has a program for entering healthcare officers. That includes everybody from physicians and surgeons to dietitians and psychologists, and we all trained together. [The training

includes] how to wear a uniform and how to be in formation. Some of it is a traditional boot camp. Most of the classroom stuff is how the Army is organized. We had physical training every day at five in the morning. We did land navigation courses. We were introduced to firearms. We carried M-16s [assault rifles] with us just like any Soldier does."

Lesser said that he got into excellent physical condition during his basic training.

"I came out of it in the best shape I've ever been," he said. "I knew that we couldn't hire a private trainer that could duplicate something like that. I went from being sedentary to being able to run 4 1/2 miles at the end of four weeks. I was very proud of that. What I liked most was formation. I liked just the idea that, in less than a minute, all 550 of us were assembled and we knew where every-

body was. We could move as a group."

Lesser described how he learned to treat combat injuries at Fort Sam Houston during a five-day course that teaches technical combat medical care. This training includes stabilizing traumatic wounds and loss of limbs.

He went on to describe his experiences in Iraq compared to his work at home.

"The experience has been very good," Lesser said. "I had to first get used to the bureaucracy because before you can do anything, you have to know how to use the Army electronic medical records and their information sources...I had to get used to that. It was a little frustrating to learn that I had a lot of computer work before I could even see the patient, but once the Soldiers came in, time just flew, and I loved it."

Capt. Gabriel Fabian, surgeon section officer-in-charge with the 224th Sust. Bde., and a Menifee, Calif., native, is one of Lesser's colleagues during this deployment. He described his working relationship with Lesser.

"Even though I'm the OIC, Maj. Lesser is the brains as far as the medicine is concerned," he said. "As the logisticians and statisticians, we take care of that side of the house, but any medical decision that needs to be made on a patient—Dr. Lesser is the senior medical provider there. I handle the administrative paperwork side of the house; he handles the patient side of the house."

Fabian described Lesser's greatest strengths, which include his 18 years of experience in family medicine and his willingness to accept guidance and advice from other people in the unit.

"He's been very open to any suggestions on how to adapt to the Army culture," said Fabian. "He's humble, but at the same time, he knows all his stuff pertaining to medicine."

Fabian also described Lesser's willingness to be in Iraq when the choice was completely up to him.

"I just want to recognize that Dr. Lesser really didn't have to be here," said Fabian. "...He felt the right thing to do was to come out here and provide medicine. I'm very grateful that he came to that decision to be out here with us."

Transportation Soldiers maintain vital logistical point



The 319th Transportation Company, 110th Combat Sustainment Support Battalion, 224th Sustainment Brigade, 103rd Sustainment Command (Expeditionary), maintain the Central Receiving and Shipping Point yard at Contingency Operating Base Adder, Iraq.

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

CONTINGENCY OPERATING BASE ADDER, Iraq— Soldiers at the Central Receiving and Shipping Point yard, with the 319th Transportation Company, 110th Combat Sustainment Support Battalion, 224th Sustainment Brigade, 103rd Sustainment Command (Expeditionary), manage the handling of multiple convoys and vital logistics equipment.

The CRSP yard was originally established to facilitate rapid onward movement of equipment and containers deploying to and redeploying from Iraq. The idea of a CRSP operating on the battlefield is fairly new, but the concept is similar to an inland terminal. CRSPs were established throughout Iraq to help control the flow of deploying and redeploying equipment by maintaining accountability and in transit visibility.

"Currently, we're one of the busiest logistical hubs in theater," said 1st Lt. Craig Durante, CRSP yard officer-in-charge with the 319th Trans. Co., and a Charleston, S.C., native.

Sgt. 1st Class Boris Tucker, CRSP yard noncommissioned officer-in-charge with the 319th Trans. Co., and a Columbia, S.C., native, said that the CRSP yard handles an average of 20 convoys per week.

Together they head one of COB Adder's vital logistical points, the CRSP yard.

Deployed troops can count on support during holidays

STORY AND PHOTO BY
2ND LT. PATRYK KORZENIEWSKI
565TH QUARTERMASTER COMPANY

CONTINGENCY OPERATING BASE ADDER, Iraq—

Soldiers with the 565th Quartermaster Company, 110th Combat Sustainment Support Battalion, 224th Sustainment Brigade, 103rd Sustainment Command (Expeditionary), made preparations for the holiday season received holiday letters from children at Contingency Operating Base Adder, Iraq.

Sgt. 1st Class Frank Cash, operations noncommissioned officer with the 565th QM Co., and a Papa New Guinea native, was busy painting a doorway a festive red color, and accenting the door with all types of holiday decorations.

"I love Christmas," said Cash. "It really

is the best time of year."

Over the last couple of weeks, Soldiers with the 565th QM Co. continued to receive Christmas care packages along with cards and letters from school children.

"It is nice to know that there are people in the States who are thinking about us," said Sgt. Timothy Hargers, training NCO with the 565th QM Co., and a Dallas native.

Soldiers with the 565th QM Co. took to writing back to some of the school children who so kindly wrote to them.

"It is really kind of nice to get these letters and drawings from children back in the States," said 1st Lt. Grant Workman, platoon leader with the 565th QM Co., and a Chicago native.

Workman said that he thought the ones that really had nothing to do with being in the military were the best. "I got one letter which talked about how much he enjoyed and wanted a burrito—that was hilarious," said Workman.



Sgt. Timothy Hargers, training noncommissioned officer with the 565th Quartermaster Company, 110th Combat Sustainment Support Battalion, 224th Sustainment Brigade, 103rd Sustainment Command (Expeditionary), and a Dallas native, reads Christmas cards sent to the unit during the holidays at Contingency Operating Base Adder, Iraq.

Suicide prevention classes teach valuable information

STORY BY
2ND LT. PATRYK KORZENIEWSKI
565TH QUARTERMASTER COMPANY

CONTINGENCY OPERATING BASE ADDER, Iraq—

Twelve Soldiers with the 565th Quartermaster Company, 110th Combat Sustainment Support Battalion, 224th Sustainment Brigade, 103rd Sustainment Command (Expeditionary), received two days of Applied Suicide Intervention Skills Training at the post chapel recently at Contingency Operating Base Adder, Iraq.

During the ASIST training, the 565th QM Co. Soldiers learned the warning signs of suicide. Then they were taken thru various suicide scenarios.

"These two classes made number 9 and 10 that I have completed under the 224 [224th Sust. Bde.] here at COB

Adder since June," said 1st Lt. Matthew Bonnette, a chaplain with the 110th CSSB, and a Blakely, Ga., native. "Some 103rd ESC trainers came down from JBB [Joint Base Balad, Iraq]: Lt. Col. Erik Feig [chaplain], Master Sgt. Kevin Zavala [chaplain's assistant], Chief Warrant Officer 2 Darlene Pittman [equal opportunity section]. We also had help from the 86th Combat Support Hospital: Capt. [chaplain] Ted Parks, Staff Sgt. Michael Metty, Sgt. Jeremy Graham, Sgt. Casey Planchon."

Bonnette helped organize the training and instructed in individual lessons.

He said the training enhances caregiver skills to intervene until either the immediate risk of suicide is reduced, or additional life-assistance resources can be found. ASIST is a standardized learning experience using a common language to help increase suicide first aid skills, and building community networks. The training workshop is made up of Power-Point lectures, videos, simulation exercises, and practice

exercises.

Many of the participants found the training educational and that it gave them a break from their daily routine.

"It was some of the better training we got, and it got me out of the warehouse [for] a couple days," said Sgt. Reynaldo Dixon, receiving section noncommissioned officer with the 565th QM Co., and a Chicago native.

Suicide prevention is a priority within the Army, and Soldiers are given a number of suicide prevention classes in order to alleviate the issue.

"It was really good training, and it's good to know how to deal with someone who has those types of feelings," said Sgt. Emily O'Neal, operations NCO with the 565th QM Co., and a Charlotte, N.C., native.

Bonnette concluded with a phrase used often by Sgt. Maj. of the Army Kenneth Preston, who plays a major role in the way suicide prevention is handled within the Army: "One suicide is one too many."

Transporters make history as first to receive spurs in OND

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

CONTINGENCY OPERATING BASE ADDER, Iraq— Soldiers with the Convoy Escort Team of 1st Platoon, 319th Transportation Company, 110th Combat Sustainment Support Battalion, 224th Sustainment Brigade, 103rd Sustainment Command (Expeditionary), received cavalry spurs from the 2nd Squadron, 108th Cavalry Regiment, 224th Sust. Bde., recently at Contingency Operating Base Adder, Iraq.

The 319th Trans. Co. made history as the first transporters to receive cavalry spurs during Operation New Dawn.

They had recently started conducting internal Convoy Escort Team missions for logistical convoys, which are normally conducted by combat arms units. The beginning of Operation New Dawn, marked by the cease of combat operations and the large withdrawal of forces and equipment, has created a need for combat support units to become increasingly self-sufficient.

"This is a first for a transportation unit," said 1st Lt. Jonathen Turner, platoon leader and spurs recipient with the 319th Trans. Co., and a Pittsburgh native. "In the future, we may see this type of transformation with future deploying combat support units."

The U.S. Cavalry has a long and proud history serving as the designated mounted force of the U.S. Army. The Cavalry has served in every war dating back to the Revolutionary War. The primary roles of the Cavalry has always been reconnaissance, security, and mounted assault. The traditions of the Cavalry originated with the horse-mounted force; the last horse-mounted cavalry charge was completed by the 26th Cavalry Regiment of the Philippine Scouts Jan. 16, 1942, on the Bataan Peninsula, Philippines. Since the Vietnam War, the Cavalry has seen the introduction of helicopters (air cavalry) and mechanized cavalry (armored cavalry).

"I'm really proud of everyone here," said Sgt. Reynaldo Maldonado, CET noncommissioned officer-in-charge and spurs recipient with the 319th Trans. Co., and a Tampa, Fla.,



Soldiers with the 319th Transportation Company, 110th Combat Sustainment Support Battalion, 224th Sustainment Brigade, 103rd Sustainment Command (Expeditionary), receive their cavalry spurs from the 2nd Squadron, 108th Cavalry Regiment, 224th Sust. Bde., recently at Contingency Operating Base Adder, Iraq.

native. "They're outstanding out there on the road. It's like we've been conducting this mission since day one."

Staff Sgt. John Young, platoon sergeant with the 319th Trans. Co., and a Cleveland native, also said that he was proud of his Soldiers' accomplishments.

"It's good to see my Soldiers getting recognized by the 2-108th Cav. [Regt.]," said Young. "It lets them know they're doing an excellent job."



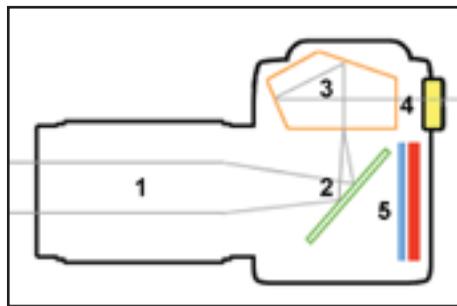
The advantages of having an SLR camera

SGT. 1ST CLASS KEVIN ASKEW
EXPEDITIONARY TIMES STAFF

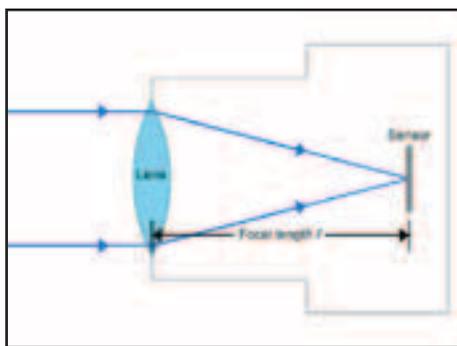


Seems like everywhere you turn nowadays, someone is taking a picture, capturing moments in time that are important to them, posting to his or her Facebook page, or on his or her favorite blog to be shared with friends. This got me thinking about what to write for this week's and upcoming weeks' Help column. So I thought about it, and decided that doing a few lines on the selection of a camera, specifically a Single Lens Reflex camera. Many of you may have heard the term and do not know what it means. So to start let's define what an SLR camera actually is and does. The easiest way to do this is with a diagram that I found on www.digital-slr-guide.com. This site breaks everything down into layman terms and helps the novice decide what it is he or she should look for in a camera.

1. Light passes through the lens and strikes a mirror (green)
2. The mirror reflects the light up to a focusing screen
3. Light passes through the focusing screen and enters a block of glass called a pentaprism (orange)
4. The pentaprism reflects the image so that you can see it in the viewfinder
5. When you take a photo, the mirror flips up and a shutter (blue) opens that exposes the digital sensor (red) to light



The main advantage of an SLR over the "point-and-shoot" camera is functionality. An SLR camera's main advantage is its interchangeable lenses. Being able to change lenses based on the shooting scenario is a great help. Whether you are shooting your kid's birthday party or you are on vacation at the Grand Canyon, you will have the versatility to use a lens best suited for the occasion. Lenses come in a variety of sizes, referred to as focal length; it is the distance from the optical center of the lens to the camera sensor when the photo subject is in focus.

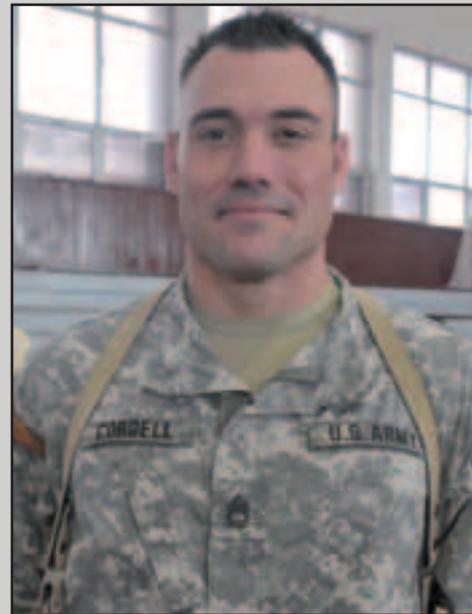


Everyone has heard or used the terms associated with lenses. There are essentially four categories of lenses: wide angle (28mm or fewer), standard (35mm to 80mm), telephoto (100mm to 300mm), and super telephoto (300mm or higher). Most SLRs are sold with a standard lens that allows the user to choose the focal length to fit the photographer's needs. For example, a 35mm-80mm variable zoom lens can be used to capture portraits at 50mm as well as landscapes at 35mm. Manufacturers know that a novice or hobby photographer uses the same camera in a variety of situations; therefore, packaging the camera with a standard lens only makes sense. There is also an increased cost associated with lenses, a 100mm-300mm lens will cost more than a 28mm lens.

Let's bring this full circle as I close this article. The biggest advantage of buying an SLR is the options of interchangeable lenses. Whether you are think about purchasing a camera or you are a novice or hobby photographer, an SLR will give you options as you hone your photography skills. There are many cameras on the market, and what you first have to define is how much money you are willing to spend. Once you answer that question, then you can move on to decide what SLR will fit your needs the best. In upcoming articles, we will explore camera prices, lens prices, and how to get the most out of your camera for the money you have to spend.

Word on the Street

What is your New Year's resolution?



"My New Year's resolution is to help ensure most of these people in the 103rd ESC get in shape and help them to meet their own fitness resolutions."

Sgt. 1st class Daniel Cordell, G-2 noncommissioned officer-in-charge with the 103rd Sustainment Command (Expeditionary), and a Fort Cordova, Ala., native



"My New Year's resolution is to spend more time with my Family, and to stop and think of all the things I took for granted."

Master Sgt. Darnell Jones, G-6 NCOIC with the 103rd ESC, and a Los Angeles, Calif., native



"My New Year's resolution is to take time out to appreciate what I've taken for granted while I've been deployed."

Lt. Col. Charmaine Betty-Singleton, chief of administrative law and deputy staff judge advocate with the 103rd ESC, and a Queens, N.Y., native

THEATER PERSPECTIVES

“During this Christmas season, may the sound of the bells of our churches drown the noise of weapons in our wounded Middle East.”

Jerusalem's Latin Patriarch Fuad Twal issued in his Christmas peace message

“We are determined to use all means at our disposal so as to regain democracy, human rights and freedom of religion, for everyone including Christians in the Middle East.”

This statement, from Vice President On. Gianni Pittella (Socialist) and Mario Mauro (Christian Democrat) was supported by 131 members of the European parliament, from all political groups, denominations and EU countries

“Today, Iraq's political leaders delivered what Iraq's people deserved and expected...”

Vice President Joe Biden, the White House's point man on Iraq, said in a statement Dec. 22, on Iraq's elections that provided “an inclusive, national partnership government.”

“The T-407 is the first step for us to help the Iraqi Army Aviation be part of the Iraqi Army who helps to protect and serve our people.”

Lt. Col. Abbas, a commander and instructor pilot with 21st Squadron, Iraqi Army Aviation Command. The Bell T-407, a training helicopter, will benefit the Iraqi government by training qualified pilots to operate and maintain the Iraqi Army 407 Armed Scout Helicopters, which are scheduled to be fielded by the end of 2011

“The mission is not easy...but we can say that these challenges can be broken with the strength of the political consensus and harmony that the political parties have achieved.”

Ayad Allawi, leader of the Sunni coalition, admitted earlier this week

USO: ALWAYS THERE FOR TROOPS

The United Services Organization (USO) is a nonprofit organization that coordinates morale and welfare-boosting events and activities for U.S. service members. Since 1941, the USO has relied on private contributions and funds from the Department of Defense to entertain troops, both in war zones and in peacetime. The became notorious for providing live entertainment by well-known performers, once called “Camp Shows,” in order to boost morale, and has carried on the tradition through the wars in Iraq and Afghanistan. It truly has become troops’ “Home Away From Home.”

Founded in 1941 in response to a request by President Franklin D. Roosevelt, as a nonprofit organization that provides morale and welfare-boosting services to U.S. service members in war zones and during peacetime

The Salvation Army, Young Men's Christian Association (YMCA), Young Women's Christian Association (YWCA), National Catholic Community Service, National Travelers Aid Association and the National Jewish Welfare Board came together to form the USO

Places to go for social events, movies, music, or any other personal activities that can take troops' minds off of daily military life, USO facilities became known as service members' Home Away From Home

At the USO's highest point, there were more than 3,000 facilities, and collectively more than 700 live-entertainment shows per day

Actor/comedian Bob Hope was a well-known supporter and participant in USO shows, and is still widely considered the most famous entertainer to participate with USO events

In the 1940s, the USO was disbanded due to lack of funds, but came back strong with the onset of the Korean War

Currently, there are more than 130 USO centers throughout the world; the first USO facility during the Iraq/Afghanistan wars was built at Joint Base Balad

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

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

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

TEST YOUR KNOWLEDGE

- Which two British engineers got together in 1905 to design and produce cars?
- What kind of material is treated by 'tempering'?
- In the baking industry fermentation is used to produce which gas?
- Which device bends as the temperature changes?
- How did car manufacturer Charles Stewart Rolls die?
- Who produced the world's first petrol-driven motor vehicle?
- What kind of effect is used by a solenoid switch?

1. Rolls and Royce 2. Steel 3. Carbon dioxide 4. Bimetallic strip 5. In a flying accident 6. Karl Benz 7. Electromagnetic

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
12:30 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 2 p.m. Air Force Hospital Chapel

SEVENTH DAY ADVENTIST

Saturday 10 a.m. Provider Chapel

LATTERDAY SAINTS

Sunday 1 p.m. Provider 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 holiday services, refer to page 12*

FOR MORE INFORMATION

PLEASE CALL:

Gilbert Chapel 433-7703

Provider Chapel 483-4107/4115

Freedom Chapel 443-6303

***Current as of Dec. 29, 2010**

JB BALAD ACTIVITIES

INDOOR POOL Swim Lessons: Mon., Wed., 6 p.m. Tue., Thu., Sat., 6:30 p.m. Aqua Training: Tue., Thu., 7:30 p.m., 8:30 p.m.	Edge Weapons & Stick Fighting Combative Training: Tue., Thur., Sat., 8-10 p.m. EAST REC-REATION CENTER 4-ball tourney: Sunday 8 p.m. 8-ball tourney: Monday 8 p.m. Open Court Volleyball: Sunday 6 p.m. Aerobics: Mon., Wed., Fri., 5:30-6:30 a.m. Yoga Class: Mon., Friday, 6-7 a.m. Step Aerobics: Mon., Wed., Fri., 5:30 p.m. Conditioning Training Class: Mon., Wed., Fri., 7:15-8 p.m. Brazilian Jiu-Jitsu: Mon., Wed., Fri., 8-9 p.m. Abs-Aerobics: Tue., Thu., 6-7 a.m., 5-6 p.m.	Caribbean Night: Friday 8 p.m. Chess & Dominoes Tourney: Friday 8 p.m. Salsa Class: Saturday 8:30 p.m. Poker: Saturday 7:30 p.m. H6 FITNESS CENTER Spin: Sunday 9 a.m. Mon., Wed., Fri., 2 a.m., 4 p.m., 10 p.m. Midnight Soccer: Tue., Thu., 5:45 a.m., 8:30 p.m. Saturday 9 a.m., 7 p.m. Tue., Thu., 8:45 a.m. Tue., Thu., 7 p.m. Power Abs: Mon., Tue., Thu.,	8 p.m. Friday 9 p.m. CC Cross Fit: Mon., Saturday 10:30 p.m. Cross Fit: Mon., Wed., Fri., 5:45 a.m., 7 a.m., 3 p.m., 6 p.m. Tue., Thu., 7 a.m., 3 p.m. Sunday 5:45 a.m., 7 a.m., 3 p.m. P90x: Mon., Sat., 4:30 a.m., 4 p.m., 10 p.m. Midnight Soccer: Tue., Thu., 8 p.m. Yoga: Wednesday 8 p.m. MACP Level 1: Friday 8 p.m. 5 on 5 Basketball: Saturday 8 p.m. H6 RECREATION 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 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. Dominoes: Saturday 8:30 p.m. Darts: Saturday 8:30 p.m. WEST REC-REATION CENTER Green Bean Karaoke: Sun., Wed., 7:30pm 9-ball tourney: Monday 8 p.m.	Ping-pong tourney: Tuesday 8 p.m. Foosball tourney: Tuesday 8 p.m. Jam Session: Wednesday 7:30 p.m. 8-ball tourney: Thursday 8 p.m. Guitar Lessons: Thursday 7:30 p.m. Game tourney: Thursday 1 p.m., 8 p.m. Enlisted Poker: Friday 1 p.m., 8 p.m. Officer Poker: Saturday 1 p.m., 8 p.m. Squat Competition: Saturday 8 p.m. 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., Zingano Brazilian Jui Jitsu: Tue., Thu., 8:30 p.m. CIRCUIT GYM Floor hockey: Fri., 8-10 p.m.
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UPCOMING SPORTS ON AFN



Wednesday 12/29/10

NHL: Live Football, Midnight AFN Sports
COLLEGE: Southern Mississippi vs Louisville, Live 4 a.m. AFN Sports
NBA: Dallas Mavericks @ Orlando Magic, Delayed 6:30 p.m. AFN Sports
TENNIS: Federer vs Nadal, Live 9 p.m. AFN Sports
COLLEGE: Live Football, 11:30 p.m. AFN Sports

Thursday 12/30/10

NHL: Live Football, Midnight AFN Sports
COLLEGE BB: Texas @ Michigan State, Live, 3 a.m. AFN Xtra
COLLEGE: Live Football, 3:30 a.m. AFN Sports
COLLEGE: Utah vs Boise State, Delayed 3 p.m. AFN Sports
NBA: Oklahoma City Thunder @ New York Knicks, Delayed 6:30 p.m. AFN Sports

Friday 12/31/10

NBA: Live Football, Midnight AFN Sports
COLLEGE: : Navy vs San Diego State, Live 4 a.m. AFN Xtra
NBA: San Antonio Spurs @ Orlando Magic, Delayed 11:30 a.m. AFN Sports
COLLEGE: Live Football, 11:30 AFN Sports

Saturday 1/1/11

NFL: Live Football, Midnight AFN Sports
COLLEGE: Live Football, 3:30 a.m. AFN Xtra
COLLEGE: Hawaii vs Tulsa, Live 4 a.m. AFN Sports
NBA: Chicago Bulls @ New York Knicks, Live 8 p.m. AFN Xtra
NBA: Boston Celtics @ Orlando Magic, Live 10:30 p.m. AFN Xtra

Sunday 1/2/11

NBA: Miami Heat @ Los Angeles Lakers, Live 1 a.m. AFN Xtra
NFL: Dallas Cowboys @ Arizona Cardinals, Live 3 a.m. AFN Sports
NBA: Miami Heat @ Los Angeles Lakers, Delayed 11 a.m. AFN Sports
NFL: Live Football, 9 p.m. AFN Sports

Monday 1/3/11

NHL: Phoenix Coyotes @ Dallas Stars, Live 4 a.m. AFN Sports
NFL: Live Football, 10 a.m. AFN Sports
NFL: Live Football, 2:30 p.m. AFN Sports
NFL: San Diego Chargers @ Cincinnati Bengals, Delayed 9 p.m. AFN Sports

ARTS & ENTERTAINMENT

'The Sports Lounge': Bowl predictions, part II

BY SGT. 1ST CLASS RAY CALEF
EXPEDITIONARY TIMES STAFF



This week I will make my predictions for the major Bowl Championship Series games as well as those played starting with January 1st games. These next games will be a little tougher to predict, as they involve most of the Top 20 teams and the competition has stepped up, for the most part.

I am issuing a caveat. There are three bowl games that happen the 6th, 7th, and 9th of January, respectively. They involve the Go Daddy Bowl (I pick Miami of Ohio over Middle Tennessee), the BBVA Compass Bowl (Pittsburgh beats Kentucky), and the Kraft Fight Hunger Bowl (Nevada over Boston College).

All I am going to say is "why?" Nevada is the only team deserving of playing after the New Year, and should have gone to a better bowl.

Because of bowl tie-ins, the Big Ten Conference is heavily featured on New Year's Day. They have tie-ins to the Tick-

etCity Bowl in Dallas, the Outback Bowl in Tampa, Fla., the Capital One Bowl in Orlando, Fla., and the Gator Bowl in Jacksonville, Fla., and the Rose Bowl in Pasadena, Calif. The only problem with all of these games on one day is that four of the five games start between noon and 1:30 pm. It will be great for the channel surfing gurus with picture-in-picture capabilities on their televisions or for sports bars. The Rose is the only one that is by itself, as it should be, but I digress. On to my picks.

I predict Texas Tech over Northwestern in the TicketCity. Partly because I dislike Northwestern, but mostly because they will not have the first team all-Big Ten quarterback on hand, Dan Persa. In the Outback Bowl, go with Florida over Penn State. The Lions have not beaten anyone and when they played good teams, they were beaten soundly. Plus, Urban Myer is retiring; look for a great effort by the Gators.

The Capital One Bowl should be a great game, featuring 11-1 Michigan State, who was the odd man out in the three-team tie for the Big Ten title. They face defending national champions in Alabama. I am picking Alabama, simply because I think Michigan State, while a good team, bene-

fitted from a soft schedule to finish as well as they did.

I am also picking against the Big Ten in the Gator, where I think Mississippi State handles the Wolverines of Michigan, who finished the year 2-5 after starting off 5-0. The Rose Bowl offers an intriguing matchup. The 11-1 Wisconsin Badgers against undefeated Texas Christian. I am going with the Badgers, who have proven resilient this year. Their offensive line will have their way with TCU like they have most teams.

The night cap on New Year's Day is the Fiesta Bowl in Glendale, Ariz., where Oklahoma takes on vastly overrated Connecticut from a terrible Big East conference. Take the Sooners and the points.

Other BCS games involve the Sugar and Orange Bowls. Ohio State should handle Arkansas in the Sugar, while in the Orange I see Stanford and Andrew Luck beating Virginia Tech.

The National Championship game? I predict that Oregon wins it over Auburn. I also think even if the over/under on the game was 100 points it would be a close bet. Say 47-45 Ducks.

'Narnia': Third installment entertains adults, children

BY SPC. MATTHEW KEELER
EXPEDITIONARY TIMES STAFF



The third movie in the collection of "The Chronicles of Narnia," is a great movie for kids and adults.

"The Voyage of the Dawn Treader," along with the rest of the trilogy, originates from the book series. And, I know what some you might be thinking, a kid's movie, right? Wrong.

Just like the first film, the director put a lot of money into making the audience believe that they were, in fact, in Narnia. For this movie, the splash of the waves to the details of the boat's exterior was all done to an amazing degree. There are many moments in the movie when I actually believed that I was aboard a ship in some strange ocean, or on some strange island. Those are just the details of the landscape; the acting is actually not half bad either

For a film based on a child's book, the acting performed by these younger actors has to be admired. When most children and adults are clamoring to see the most recent Harry Potter film, the cast of Narnia are setting their own standard. Maybe, its because the movies are not as well-known, and the actors are not quite stars yet, that gives them a more lasting appeal.

The problem with using well-known actors is that you build an opinion on their characters based on previous films that you have seen. Adam Sandler will always been known as that comedic actor, no matter if he is in a serious role or not. That's why the actors of Narnia present a more pleasant experience. You don't know them quite yet. Or, for the returning characters, you are still building opinions. The best part of watching a film is building that opinion on a character. I really feel that I get my money's worth when I can see a character change and grow through actions and not just words. Narnia does that very well with a number of

characters.

Some people might still groan that such a movie is a Potter knock-off, and will just ride in the coattails of that franchise, but when you draw the line between the two films there is more a reason to indulge in Narnia than Potter. For example, the diversity of the animals and creatures throughout the film keep it entertaining without getting annoying or dull. In Narnia, almost all the animals are talking creatures that share their own depth and perspective, unlike Potter, which brings you goblins, gnomes, and other tired old creatures. Reepicheep, a mouse-swordsman, steals the movie with his jokes and witty banter. But, mostly, he is a unique creature that offers a different experience for moviegoers that Potter has lost over the years.

The result is a solid 4/5 for Narnia. Do not let the title fool you into thinking this is just a kid's movie. Take the time and enjoy a different experience at the theater. It might just surprise you.

PVT MURPHY'S LAW



Reel Movie Times

Wednesday December 29

5 p.m. Tron: Legacy (PG-13) (1st Run)
8 p.m. How do you know (PG-13) (1st Run)

Thursday December 30

5 p.m. How do you know (PG-13) (1st Run)
8 p.m. Tron: Legacy (PG-13) (1st Run)

Reel Movie Times

Friday December 31

8 p.m.-12:30 Theater Reserved

Saturday January 01

2 p.m. For Colored Girls (R)
5 p.m. Gulliver's Travels (PG) (1st Run)
8 p.m. Little Fockers (PG) (1st Run)
Midnight: Gulliver's Travels (PG) (1st Run)

Sunday January 02

2 p.m. Little Fockers (PG-13) (1st Run)
5 p.m. Gulliver's Travels (PG) (1st Run)
8 p.m. Morning Glory (PG-13)

Reel Movie Times

A sneak peek at next week's issue



&



present...



U.S. Army photo by Spc. Matthew Keeler



U.S. Army photo by Spc. Emily Walter



U.S. Army photo by Spc. Emily Walter

TOP LEFT: Capt. Brian Harper (left), S-3 officer-in-charge with the 13th Combat Sustainment Support Battalion, 3rd Sustainment Brigade, 103rd Sustainment Command (Expeditionary), and a Forest, Miss., native, navigates down the sideline during the Tostitos "Salute the Troops" Bowl, held in part by the United Services Organization Dec. 21 at Joint Base Balad, Iraq. The event allowed service members to play alongside professional players.

TOP RIGHT: Service members cheer for their team at the Tostitos Fiesta Bowl flag football game held by the United Services Organization and Tostitos Dec. 21 at Joint Base Balad, Iraq.

BOTTOM LEFT: Former Green Bay Packers wide receiver Antonio Freeman catches and prepares to throw a football during the Tostitos "Salute the Troops" Bowl flag football game held Dec. 21 at Joint Base Balad, Iraq. The United Services Organization organized the event in conjunction with the Tostitos Fiesta Bowl to take place Jan. 1 in the U.S., and allowed service members to play alongside National Football League athletes.

BOTTOM RIGHT: Team Liberty and team Freedom, both consisting of service members and former National Football League players, competed for a trophy during the Tostitos Fiesta Bowl flag football game held by the United Services Organization and Tostitos Dec. 21 at Joint Base Balad, Iraq.



U.S. Army photo by Sgt. Gaelen Lowers

The Tostitos "Salute the Troops" Bowl