



The Expeditionary Times

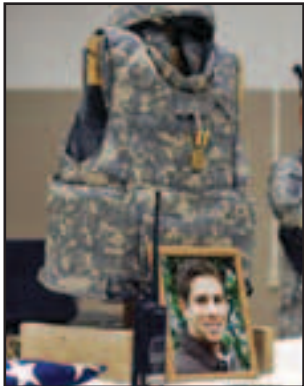
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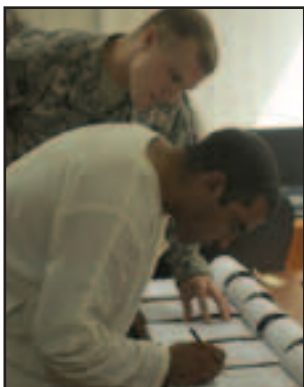
Memorial



JBB honors a lost comrade

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Live Music



Filter performs for service members

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Spc. Brandon Tate, a food service specialist with Headquarters and Headquarters Company, 3rd Special Troops Battalion, 3rd Sustainment Brigade, 103rd Sustainment Command (Expeditionary), and a Clifton Park, N.Y., native, puts the finishing touches on his company's t-wall outside their headquarters at Joint Base Balad, Iraq.

Aspiring artist creates while deployed

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

JOINT BASE BALAD, Iraq— Many Soldiers have hidden talents that surface during deployments. Some write poetry to pass the time, others sing. Some play an instrument. Others draw.

However, their talents rarely stay a secret. Such is the case for Spc. Brandon Tate, a food service specialist with Headquarters and Headquarters Company, 3rd Special Troops Battalion, 3rd Sustainment Brigade, 103rd Sustainment Command (Expeditionary), and a Clifton Park, N.Y., native.

Tate has been drawing since age six, and has been the reigning Phillip A. Connelly centerpiece award-winner at Fort Stewart, Ga., for two years

straight. His 9-foot gingerbread football stadium earned him first place in 2008, and his life-sized 1957 Chevrolet and matching cake earned him first place in 2009. However, no one expected what he created in 2010.

It started off small, with Tate designing the brigade's coin. Later, once his company took oversight of the Oasis Dining Facility, he painted the two t-walls outside to reflect the 3rd Sust. Bde. unit patch. Lt. Col. Heidi Hoyle, commander of the 3rd STB, and a Bay City, Mich., native, was so impressed with his work, that she had him paint the t-walls in front of her headquarters. His finished product not only displayed the "Hell-raisers" logo, but also incorporated the American and Iraqi flags, along with a rising sun representing Operation New Dawn.

"The whole concept came from [Command Sgt. Maj. Anthony] Whitney," explained Tate. "He said he wanted a transition from OIF [Operation Iraqi Freedom] to OND [Operation New

Dawn]. I thought nothing would be better than to start with the symbols for both."

Once he finished that project, Capt. Vanessa Parker, commander of HHC, 3rd STB, and a Cincinnati, Ohio, native, almost immediately commissioned Tate to paint the t-walls outside of the company headquarters. This time he was given more freedom to create, so he ran with it.

"The most recent Titan that they'd been using was really primitive, so I was told to reinvent the wheel and come up with a whole new concept," said Tate. "It looks a little more Spartan-like, but it looked the role for something I would like to see in our company. I put a river behind it, symbolizing the Marne River."

"I wish I could take it home with me to Fort Stewart," said Parker. "I love my t-wall! The Soldier definitely has great talent."

She added that the design for the Titan t-wall

ARTIST cont. page 12

One young boy displays an unmatched level of commitment by donating his own possessions in support of the troops

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Chaplains are there to help

LT. COL. RICHARD PIONTKOWSKI, JR.
103RD ESC DEPUTY COMMAND CHAPLAIN



There are three people who should never look surprised: your lawyer, your proctologist and your chaplain. Any sudden silence and jaw-dropped look from any of them is reason to perspire a bit extra.

Why in the case of a chaplain? Don't the stories and problems that come his or her way give cause for shock and sometimes awe? Most certainly, but remember that chaplains are not people who have been manufactured by the Army; one day, the Army makes them, the next day they are out doing their duty.

Chaplains come from all walks of life and nearly all faith groups. They have been trained through years of schooling and pastoral experience. A large part of that training is involved in listening to people's problems.

Believe it or not, the issues that people have, whether in Iraq, Afghanistan, Germany or Iowa, fall into essentially the same categories. The existence of bad things, broken relationships, depression, hopelessness, helplessness and evil, are universal— as are good, hope, truth, meaningful life, happy relationships, etc.

Once a person realizes that bad things and good things happen, he or she can begin to deal with the bad and rejoice in the good. For this reason, there is not much that can be said to a chaplain that he or she has not heard before.

Now a caveat here: there are chaplains who are new to the military and don't have a complete grasp of the Army or other military branches. They have gone through a chaplain basic course, but believe me, this course does not turn out Sgt. York or Sgt. Audie Murphy. If you can put your boots on, salute with the correct hand and know the difference between a latrine and a Marine you get the graduation certificate.

You can usually tell who these chaplains are because they have the look of a newly enlisted private, but without as much intelligence. You have to give these chaplains a break and help them along to understand the Army. They know people; it's just the system they have to adapt to.

The bottom line is that you can go to the chaplain at any time with complete confidentiality. The chaplain may not be able to send you home, solve a marriage problem or resolve a major illness crisis at home, but he or she can help you deal with the problem constructively and find some peace of mind and heart.

I recall one lady several years ago who brought the same problem to two different pastors; they both gave the same response to her problem, but she clearly preferred one over the other. I asked her why and she responded, "Because I felt better after speaking to the one pastor."

Telling your problems to the chaplain will help the person the chaplain is most interested in at that moment: you.

By the way, if the chaplain looks surprised at your story, welcome him or her to the Army!



EXPEDITIONARY TIMES

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

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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: Leading toward success

MAJ. ERIC VERHOEF
103RD ESC DEPUTY IG



Many of us have heard the expression “set the standard.” Do you know what that really means? In ancient times, Soldiers carried a flag in battle. The flag was called a “standard” or sometimes a guidon because it was what Soldiers used to “guide on.” The flag remained next to the leader. Whenever a Soldier looked up in the confusion of battle and wanted to know which way he should go, he would look for the standard and move in that direction.

The standard was always out front. It showed how far the advance had gone. When the standard-bearer was injured and could go no further, he would plant the standard in the ground so that it would remain visible to everyone. After a victory the standard was placed on top of the hill or top of the fort. This was called “setting the standard.”

If the standard was allowed to fall, the Soldiers would think their leader had fallen. Making sure the standard stood was a very important job because it gave hope to all that followed. When you think about it that way, the term “setting the standard” takes on an entirely new meaning. Setting or planting the unit’s standard was so important to creating victory.

Some of you will be content just to see the standard. You will be one of those who realize there is a standard out there and you might want to get close to it from time to time. Other people will want to meet the standard.

You will look up, find out where the standard is and move in that direction. You will reach the point where the standard is set and stop there. A few will pick up the standard and carry

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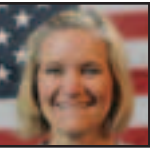
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it farther.
When you have travelled as far as you can, you will plant the standard in a new location and establish a new standard for others to achieve.
Those setting the standard are the leaders, the people who carry the organization forward.

Combat Stress: The body’s natural tranquilizers

MAJ. LORIE L. FIKE
85TH COMBAT STRESS CONTROL



Do you ever have those days where you feel tired, stressed, or out of balance? Do you ever wonder what you can do to help yourself feel better?

Perhaps now is the perfect time to introduce you to the word *endorphin*. The word is derived from the words *endogenous* and *morphine*. Endogenous means “from within the body,” and morphine is a powerful, pain-fighting drug.

According to the Colombia Encyclopedia Sixth Edition, endorphins are neurotransmitters found in the brain that act as natural painkillers, and they have similar properties to morphine. Endorphins are found primarily in the pituitary gland, and they interact with opiate receptors to reduce the intensity of pain.

Some researchers also believe that endorphins are connected with physiological processes in the body that

produce feelings of euphoria.
Certain activities are associated with the release of neurotransmitters in our brain that decrease our pain level and help us feel good. You may be familiar with the term “runner’s high.” This is the process to which individuals are referring. Researchers believe that moderate exercise (probably at least 20-30 minutes and intense enough to sweat) releases endorphins, which increase the feelings of euphoria or well-being.
Exercise is not the only activity that produces endorphins. Specialists at the Mayo Clinic believe that massage therapy and acupuncture release endorphins, and these services are part of their Complementary and Alternative Medicine program (www.mayoclinic.org). Relaxing activities such as meditation, deep breathing and listening to soothing music can also produce endorphins to help ease pain and make you feel better. Laughter may also be a key ingredient to a healthier and happier life.
Researchers at Loma Linda University found that individuals who watched a funny movie had higher endorphin

levels in their blood than those participants who did not watch anything. Researchers at the University of Maryland Medical Center found that individuals with heart disease were 40% less likely to laugh at funny situations as opposed to individuals without heart disease.
Specific kinds of food may also help boost your endorphin production. It is proposed that eating spicy foods promote the release of endorphins. The theory is that the mouth is in pain from the spicy food, and the body is attempting to decrease the pain. For all you chocolate lovers, researchers also believe that eating a small amount of chocolate increases endorphin secretion, which may explain why it is a comfort food for many of us.
The next time you are having a bad day, consider trying one or more of the activities or foods discussed. You can even do an informal study of your own to determine what activities or food choices increase your feelings of well-being.
Even if you do not understand the science behind what makes you feel happy, you can still appreciate that your mood can be affected by what you do and what you eat.

Administrators play important role in unit readiness

STORY AND PHOTO BY
1ST LT. SETH CHURCH
632ND HEAVY MAINTENANCE COMPANY

CONTINGENCY OPERATING BASE ADDER, Iraq— Two Soldiers with the 632nd Maintenance Company, 110th Combat Sustainment Support Battalion, 224th Sustainment Brigade, 103rd Sustainment Command (Expeditionary), execute a wide array of administrative functions, allowing for smooth operations at Contingency Operating Base Adder, Iraq.

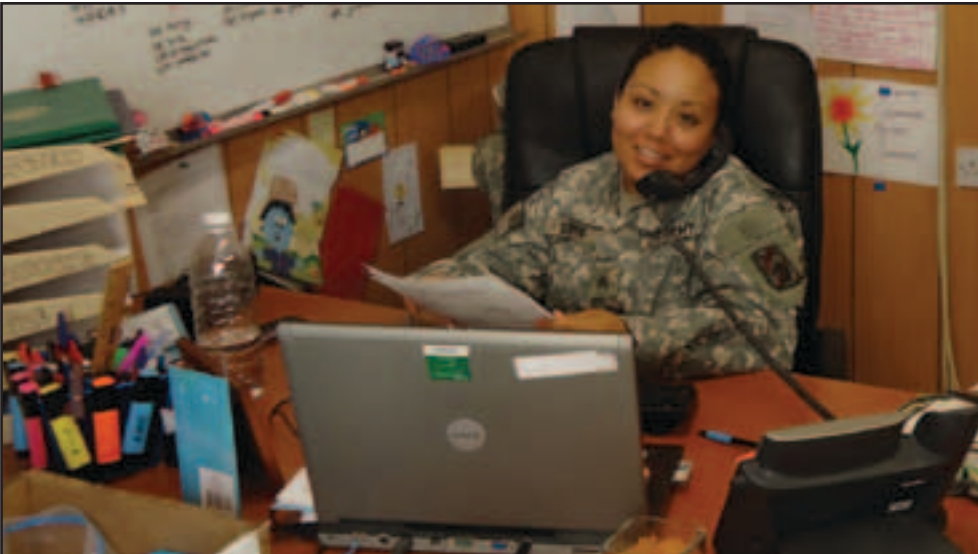
Sgt. Norma Ortiz, the orderly room noncommissioned officer-in-charge with the 632nd Maint. Co., and a Falls Church, Va., native, along with Spc. Karissa Fussel, an orderly room clerk with the 632nd Maint. Co., and a Garner, Maine, native, tackle the daily task of performing all the administrative functions for the unit. While their job usually goes unnoticed by the other Soldiers, the work that they perform allows the rest of the unit to benefit from promotions, awards, and leave, among other administrative functions.

“I think this is a really rewarding job because we get to help others out,” said Ortiz. “Sometimes it’s hard to please everybody, but we try our best to do what we can for them.” Ortiz also coordinates opportunities that boost morale for the troops, such as fundraisers, organizational days, and other social events.

Ortiz’s clerk, Fussel, is not only her friend, but also an important worker when it comes to the many tasks they are given.

“This isn’t my MOS [Military Occupational Specialty],” said Fussel. “I’ve had to cross-train to work in the orderly room. I feel as though I accomplish more by helping the Soldiers, especially on such a direct level. My NCO knows and loves her job, which makes it easy for me to learn and makes this job more enjoyable.”

One thing is for sure: The 632nd Maintenance Company would not have the capability to perform at the level they do without the hard work and dedication from their competent orderly room staff.



Sgt. Norma Ortiz, orderly room noncommissioned officer-in-charge with the 632nd Maintenance Company, 110th Combat Sustainment Support Battalion, 224th Sustainment Brigade, 103rd Sustainment Command (Expeditionary), and a Falls Church, Va., native, works at her desk Sept. 8 at Contingency Operating Base Adder, Iraq.

Service members honor, mourn for fallen comrade



U.S. Air Force photo by Lt. Col. Robert Couse-Baker

Maj. Peter Schmidt, deputy information management and plans officer with the 103rd Sustainment Command (Expeditionary), plays Taps on bagpipes during a memorial service for Senior Airman James Hansen in a memorial service Sept. 19, 2010 at Joint Base Balad, Iraq. Airman Hansen, 25, an airfield operations manager assigned to the 332nd Expeditionary Operations Support Squadron, died in an explosive ordnance disposal accident here Sept. 15. The ceremony included the reading of the citation for the Air Force Commendation Medal for Airman Hansen's exemplary service during his deployment from the 46th Operations Support Squadron, Eglin Air Force Base, Fla., in support of Operation Iraqi Freedom and Operation New Dawn.

STORY BY
STAFF SGT. PHILLIP BUTTERFIELD
332ND AIR EXPEDITIONARY WING

JOINT BASE BALAD, Iraq— Servicemembers from across Joint Base Balad, Iraq, gathered at MWR-East for a memorial service Sept. 19, 2010, in memory of a fallen comrade.

Senior Airman James Hansen, 332nd Expeditionary Operations Support Squadron airfield manager, died Sept. 15, 2010, during an ordnance disposal operation.

"We struggle with the why of losing a young life," said Maj. Gen. Craig Franklin, 332nd Air Expeditionary Wing commander. "James was a magnificent Airman. Airman Hansen's family will receive our deepest sympathy, and his Air Force family will be with them now and in the future to help them through this time."

Among the servicemembers who attended the service, Airman Hansen's long-time friend, Airman 1st Class William Crew, 332 EOSS airfield management coordinator, offered some poignant words to earmark Airman Hansen's time here.

"We went through basic training and technical school together," said Airman Crew. "He was a good and smart guy, and I looked up to him like an older brother. We both received orders to come here at the same time and we did everything together. I noticed he was shy at first until you got to know him, then he really opened up and liked to laugh and have fun. He really worked hard and always went the extra mile for people. He was a real stand-up kind of guy. He was my mentor pushing me to work out and go to school. He was an outstanding person in every aspect."

Airman Hansen's accomplishments and mentorship will live on with the 332 EOSS as they retire his airfield call sign.

"In honor of James we are retiring his call sign," said Lt. Col. David Chace, 332 EOSS commander. "Airfield Three job well done, God bless you."

Soldier teaches college courses part-time on base

STORY BY
SGT. BLAKE PITTMAN
110TH CSSB

CONTINGENCY OPERATING BASE ADDER, Iraq— A

Georgia National Guard Soldier, Spc. Doug Lane, an intelligence analyst with Headquarters and Headquarters Company, 110th Combat Sustainment Support Battalion, 224th Sustainment Brigade, 103rd Sustainment Command (Expeditionary), and a Jacksonville, Fla., native, didn't quit his day job when he deployed earlier this year to Iraq. An intelligence analyst by night, Spc. Lane spends his days at the education center teaching college algebra to service members for the University of Maryland at Contingency Operating Base Adder, Iraq.

Holding a Bachelor of Science in mathematics from the University of South Florida, and a Master's in administration, Lane has worked for 20 years as an educator.

"I love working with Soldiers and helping students," said Lane. "I'm really in my element when I'm teaching."

Besides teaching his scheduled classes, Lane spends much of his free time at the education center offering extra tutoring for students. He also teaches an online course for Strayer University.

Some of Lane's students at the education center are fellow Soldiers from his own

company. Spc. Alexandria Dean, a transportation coordination manager with the HHC, 110th CSSB, and a Valdosta, Ga., native, is taking her first college course with Lane. When she heard that he was going to be her professor, she said she was a little apprehensive.

"He seemed boring and drawn out," said Dean, but her opinion has since changed. "He's a really good teacher. His stories are funny and he's smart. He likes to communicate a lot."

Dean describes herself as "not good with math," but said that Lane's examples and some of the shortcuts he teaches make the class easier for her to understand. Compared to other math teachers she's had, Dean said she has had to ask fewer questions than she had to in the past.

Though his teaching career spans two decades, Lane has also been a lifelong student. In addition to his degrees in education, he earned a Master's of Divinity in counseling from Liberty University, which he plans to put to good use by becoming a chaplain candidate upon redeployment. He already offers counseling at his home church in Madison, Ga., known as The Gathering. He is also pursuing a doctorate degree from the University of Mississippi.

While working toward his doctorate, Lane will focus his research on the negative results of the restrictions today's educators face. He hopes to help reverse what he sees as the most damaging changes to education.



U.S. Army photo by Spc. Glen Baker

Spc. Doug Lane, an intelligence analyst with Headquarters and Headquarters Company, 110th Combat Sustainment Support Battalion, 224th Sustainment Brigade, 103rd Sustainment Command (Expeditionary), and a Jacksonville, Fla., native, demonstrates the solution to a math problem Sept. 19 at the education center at Contingency Operating Base Adder, Iraq.

Lease repayment sets positive tone for exit

STORY AND PHOTO BY
PVT. ZACHARY ZUBER
EXPEDITIONARY TIMES STAFF

JOINT BASE BALAD, Iraq— Approximately 300 Iraqi citizens received reparatory claims payments for land leases, over the course of three days starting Sept. 19 at Joint



Base Balad, Iraq.

Since 2006, there had not been money dispensed to landowners who control the property used for Forward Operating Base Paliwoda. The operation was created to provide the necessary lease payments.

"It's important for us to make these payments because the U.S. government, in the new security agreement, made an agreement with the Iraqi government to pay for the land that we have used," said Capt. Ewa Dabrowski, chief of client services with the 103rd Sustainment Command (Expeditionary) judge advocate, and a Chicago, Ill., native. "FOB Paliwoda had areas in it that belong to Iraqi citizens and this shows them we are keeping our agreements."

The plan to provide a mass repayment was organized by the 3rd Infantry Division judge advocate office at Contingency Operating Base Speicher, Iraq, but was brought to JBB because it is much closer for the claimants, said Dabrowski.

Landowners were anxious to participate, with many waiting outside the gates each morning before the claims room was even set up. The money will help them fix problems, and take care of their families.

"I do not have any complaints, every-



Spc. Matthew Robertson, a financial management technician with the 368th Financial Management Company, 3rd Sustainment Brigade, 103rd Sustainment Command (Expeditionary), and a Lubbock, Texas, native, provides a claimant with repayment money for the lease on his land near Forward Operating Base Paliwoda Sept. 19 at Joint Base Balad, Iraq.

thing has been very easy so far," said Athir Muhmmad Salman, a teacher from Dulaia, Iraq. "My car is junk, so the first thing I'm going to do is get a new car."

The claimants had to deal with heat and a lengthy security process to ensure proper disbursement of funds. Everyone who came to JBB was happy with the process and results.

"I came here just to assist, because I knew this was a large mission and there would be a lot of people coming in over the three days," said Capt. Daniel D'Isidoro, an administrative/operational law attorney with the 3rd

ID judge advocate, and a Braintree, Mass., native. "It seems like when they left the pay office, and have finished the paperwork, they are in a good mood, and there hasn't been anyone that has been turned [away]."

The sheer size of the mission has made it a significant pay-out, not just for the recipients, but for the Soldiers involved, as well.

"This was and probably will be the largest volume of land claimants that has ever been paid in OIF [Operation Iraqi Freedom] and New Dawn history because FOB Paliwoda represented about 50 percent of all

outstanding claims," said Capt. Todd Chard, chief of client services with the 3rd ID judge advocate, and a Hudson Falls, N.Y., native. "We want to compensate [Iraqi citizens] for some of the troubles they have had to deal with because of the war, to let them know that we are here to work with them and help them grow."

Throughout the process, the 103rd ESC has provided great support in preparing for the unique needs of this mission, said Chard. Soldiers with the 368th Financial Management Company, 3rd Sustainment Brigade, 103rd ESC, provided the support necessary to pay out nearly \$1 million in Iraqi dinar to the claimants.

"The finance guys did a great job with all they had to do, and without the help of Lt. Col. [Charmaine] Betty-Singleton [administrative law officer, 103rd ESC Judge Advocate, and a Brooklyn, N.Y., native], none of this would have been possible," said Chard. "She provided us with all the contacts and was really the glue that brought this mission together."

After completing the payments needed for FOB Paliwoda, most of the remaining claimants for land or other matters will be able to be handled during regular claims periods, said Dabrowski.

Providing this service to the citizens of Iraq has proven to be rewarding for the Soldiers, who put in countless hours of work to make this mission happen.

"It's been an experience, and it has been interesting learning all the processes involved and getting all these agencies together," said Chard. "It has been a long experience to do that, but it has definitely been worthwhile."

Young students send support, help entertain Soldiers

STORY BY
1ST LT. RAYMOND S. PATTERSON
632ND HEAVY MAINTENANCE COMPANY

CONTINGENCY OPERATING BASE ADDER, Iraq—



Soldiers with the 632nd Maintenance Company, 110th Combat Sustainment Support Battalion, 224th Sustainment Brigade, 103rd Sustainment Command (Expeditionary), welcomed "Glory," an honorary member of their company, to their unit, Sept. 13 at Contingency Operating Base Adder, Iraq.

Glory is a Beanie Baby®, and a Columbus, Ga. native, visiting from Ms. Julie Jackson's kindergarten class at the Lonnie Jackson Academy in Columbus, Ga.

Glory was sent to give moral support to the troops with the 632nd Maint. Co. Glory came with her very own journal written by the students, which contained pictures of activities the students were doing in class.

Interested in the world around them, the young boys and girls soon heard of Soldiers supporting the reconstruction in Iraq, and wanted to know what was going on here. Knowing they could not make the trip themselves, they sent their symbolic representative, and requested that the Soldiers detail her arrival and exploits for them, so that they could see what Soldiers do in Iraq.

Since Glory's arrival Sept. 12, she has visited three sections, participated in work, and played some break-time football with some automotive platoon members. Glory will be given to each section for one day, and then she will return via mail to the Lonnie Jackson Academy, having chronicled her exploits with the 632nd Maint. Co.

She will leave her stories and legacy with the next generation of young Americans.



U.S. Army photo by Spc. Curtis Givens

Sgt. Julius Jimenez, a metal worker with the 632nd Maintenance Company, 110th Combat Sustainment Support Battalion, 224th Sustainment Brigade, 103rd Sustainment Command (Expeditionary), and a Queson City, Philippines, native, cuts sheet metal with Glory on his left arm Sept. 12 at Contingency Operating Base Adder, Iraq.



The first convoy of the night rolls into Safe Haven as security guards patrol the lanes Sept. 20 at entry control point 5 at Contingency Operating Base Adder, Iraq.



Courtesy photo

Soldiers with 1st Platoon, 328th Engineer Support Company, 36th Engineer Brigade, make noticeable progress as they dig out a drainage ditch alongside the road using an excavator, at what is now an overflow parking lot for entry control point 5 at Contingency Operating Base Adder, Iraq.



Courtesy photo

Soldiers with 1st Platoon, 328th Engineer Support Company, 36th Engineer Brigade, tell the crane operator what they need him to do in order to place the T-wall as they build what is now called Safe Haven, an overflow parking lot for entry control point 5 at Contingency Operating Base Adder, Iraq.

Supply convoys seek peace at Safe Haven

STORY AND PHOTOS BY
SGT. JESSICA ROHR
EXPEDITIONARY TIMES STAFF

CONTINGENCY OPERATING BASE ADDER, Iraq—

Command and control of an area is crucial for U.S. Forces operating in Iraq. It lends itself to the highest possible safety for all involved.

A short time ago, convoys entering Contingency Operating Base Adder, Iraq, at entry control point 5, were backed up into Main Supply Route Tampa, which runs from Kuwait all the way through Iraq. This made the area a security risk and a road hazard for local citizens sharing the road.

Trucks stuck in the traffic jam outside the base were experiencing small arms fire and thefts as they waited for their turns to enter the base.

"Prior to building the overflow lot, Adder saw significant congestion when convoys would arrive and try to get through the vehicle inspection point," said Lt. Col. Samuel Wallis, operations officer with the 224th Sustainment Brigade, 103rd Sustainment Command (Expeditionary). "Convoys were backed up on to MSR Tampa, and sometimes several kilometers down the road. It could take four hours or more for some vehicles to make it off of Tampa and to the inspection lanes. During that time they

were vulnerable to possible enemy attack and posed a safety hazard to other vehicles on the MSR."

Due to the drawdown of U.S. Forces, nearby convoy support centers, Contingency Operating Location Scania and Camp Cedar were slated to close. The traffic was re-routed to COB Adder, causing a significant increase in truck volume, according to Wallis.

To minimize the threat and gain control of the area, the 224th Sust. Bde. created the Safe Haven, an overflow parking lot with prioritized staging lanes prior to entering the control point. This was done at the request of Brig. Gen. Randal Dragon, the deputy commanding general for support with the 1st Infantry Division, and a Harrisonburg, Va., native. Safe Haven gives trucks a secure waiting area off of MSR Tampa, keeping both the drivers and the base out of harm's way.

It took many hours of work for the project to become reality. Prior to the start of the project, a dirty yard was already next to the security control point.

With the lion's share of the work done by 1st Platoon, 328th Engineer Support Company, 36th Engineer Brigade, and the use of reclaimed t-walls from COL Scania and Camp Cedar, the project was completed for much less than contract estimates, according to Master Sgt. Steve Degnan, a former force protection noncommissioned officer-in-charge with the 256th Infantry Brigade Combat Team, 103rd ESC, and a

Warren, Mass., native.

After a thorough survey was completed by the Facility Engineering Detachment, the project was turned over to the engineers, who built the roads, complete with drainage and a retention pond.

First Platoon worked nine long, hard nights, sometimes for more than 18 hours. They moved approximately 6,380 cubic meters of earth, laid out 700 cubic meters of Getch (a clay-based soil that cements rocks together) and 2,000 cubic meters of gravel to complete the project, according to 1st Lt. Donald Frier, construction management supervisor with the 328th Eng. Sup. Co., 36th Eng. Bde., and a Chester, N.Y., native.

T-walls were placed by contractors after the completion of the roads and drainage ditches to provide protection from small arms fire for the overflow lot.

Safe Haven is now a reality, allowing vehicles off of MSR Tampa as quickly and as safely as possible.

"Safe Haven allows us to bring all the vehicles in and put them in a safe haven instead of having them backed-up on top of each other all the way out to MSR Tampa," expressed Staff Sgt. Dwayne Sowells, force protection NCOIC with the 15th Transportation Company, 224th Sust. Bde., 103rd ESC, and a Brooklyn, N.Y., native. "Safe Haven, in itself, allows for us to manage inbound traffic a lot better. It gives us a lot of command and control as far as how many vehicles are out there."



Dan Kazle, a security guard at entry control point 5, and a Uganda native, checks the undercharge of a truck during an inspection Sept. 20, prior to the truck entering Contingency Operating Base Adder, Iraq.

Filter tours Iraq in memory of deceased friend

STORY AND PHOTO BY
SPC. ADRIAN MUEHE
EXPEDITIONARY TIMES STAFF

JOINT BASE BALAD, Iraq— Service members and civilians poured into the Sustainer Theater Sept. 21 to see the rock group Filter as they performed for the troops at Joint Base Balad, Iraq.

They are one of several bands that tour the country, but for these guys, coming over here and rocking for the Soldiers strikes a note on a personal level.

“A friend of ours, Justin Eyerly, who created the first Filter website when he was 14, joined the reserves and deployed here and was killed in Baghdad,” said Filter front man Richard Patrick. “This helped make us feel that this [war] is real and, honestly, we felt like it [touring] needs to be done. We heard that there’s a lot of Soldiers that really miss the rock while their over here.”

This is the third time that Filter has toured Iraq. The first time they came here was in support of Operation MySpace, a concert for the troops during which they played along Jessica Simpson, The Pussycat Dolls, and Disturbed. After playing that show, it made them want to come here and do it again, said Patrick.

“After the show, the Soldiers are really excited about it and really thankful,” said Patrick. “It’s really just a great way to get their minds off the war for a minute, to relax. Nothing says relaxing like a mosh pit.”

The band hit the stage, playing through a list of songs from their new album, as well as earlier fan favorites. They took it down a couple of notches to play their hit ballad ‘Take a Picture,’ then progressed their way back up to end with their popular song ‘Hey Man Nice Shot.’ For this song, Patrick turned the microphone to the crowd during the chorus while the troops of JBB shook



Phil Buckman, bassist for the rock band Filter, thumps away at the bass during the opening number of the band’s set Sept. 21 at Sustainer Theater at Joint Base Balad, Iraq. This is the band’s third time coming to Iraq to perform for deployed service members.

the walls of Sustainer Theater, screaming in unison.

As is tradition for musical artists and celebrities that visit troops overseas, Filter did a meet-and-greet autograph session and took photos with service members. Along with the autographed merchandise, they handed out discount cards to buy Filter music.

Fans lined up to the stage for their chance to meet the musicians. They ranged from the hardcore Filter fans, to the casual concert lover who wanted to see what Filter was all

about.

“I’ve known of Filter for years, and it’s really nice to have this opportunity to come see these guys in person,” exclaimed Capt. A.K. Jacobsen, battle captain with the 3rd Sustainment Brigade, 103rd Sustainment Command (Expeditionary), and an Emery, Utah, native. “I think it’s awesome that they take the time to come here. These guys really don’t need to do this, but it’s cool that they put on these free concerts. It really boosts morale.”

With Operation New Dawn being the

final stage of U.S. Forces operating in Iraq, Filter doesn’t see themselves coming here again, but they plan on playing for troops in other places to continue honoring their fallen friend.

“There’s always Afghanistan, depending on the security situation there,” said Patrick on future plans. “There are also places like Fort Bragg, where we can play for Soldiers back home. We’re going to be doing this thing with [a sponser] where they bring in a pop-up stage and we’re going to play a show for Soldiers and family members.”

Arizona cheerleaders pump up JBB service members

STORY AND PHOTO BY
SPC. ADRIAN MUEHE
EXPEDITIONARY TIMES STAFF

JOINT BASE BALAD, Iraq— The Arizona Cardinal Cheerleaders stopped by Joint Base Balad, Iraq, on Sept. 17, to meet, greet and perform for service members.

It was the second stop of their 2010 tour of Kuwait and Iraq, and while at JBB, they met with troops at the outdoor pool, and then later performed at the east Morale, Welfare and Recreation Center.

“We really feel that it’s an important part of our job to raise morale and give the troops a little piece of home while they’re here,” said Marcie, one of the captains for the Arizona Cardinal Cheerleaders.

This is the first time many of them have traveled to a combat zone to perform for deployed service members. Arizona Cheerleaders have been here in the past with a different line up, said Amy, a senior member of the cheer squad.

“The Arizona Cardinals were here in 2005, but I missed that tour,” said Amy. “They came back to the Baghdad area, and I got to jump on that one.”

The cheerleaders enjoyed their stay at JBB, and even complimented the quality of food at the dining facilities.

“We expected to be sleeping in tents when we got here, but the accommodations are really impressive,” said Marcie. “We don’t know how you guys feel about it, but we think the food is really good and we feel very safe being on this base.”

After signing autographs beside the pool, they toured the base before getting ready to put on a show at the MWR. The performance consisted of a number of dance routines that took on different themes as the cheerleaders ‘toured’ different areas of the United States and paid tribute to service members.

“I really appreciate that they took time out of their day to come support us,” said Spc. Bobby Silvestri, a human resources specialist with the 3rd Sustainment Brigade, 103rd Sustainment Command (Expeditionary), and an Orlando, Fla., native. “I’m a Dallas Cowboys fan at heart, but at the moment I’m a Cardinals fan.”

For some service members, being able to come to these shows is a way to mentally go back home for a short time.

“I try to go to as many events like this as I can,” said Silvestri. “It helps keep my mind off things like work and being deployed.”

From here the cheerleaders moved on to see service members at other bases throughout Iraq.

“We have four or five stops here before we head home,” said Amy. “We just want to thank everyone and let them know how much we appreciate you guys being here, and it means a ton to us to be able to perform here.”



Staff Sgt. Steve Buker, a general supply section sergeant with the 724th Forward Support Company, 724th Engineer Battalion, 36th Engineer Brigade, and a Superior, Wis., native, dances with Arizona Cardinal cheerleaders Sept. 17 at the east Morale, Welfare and Recreation Center at Joint Base Balad, Iraq.

Support takes flight

STORY BY
SPC. EMILY WALTER
EXPEDITIONARY TIMES STAFF

JOINT BASE BALAD, Iraq— It takes many steps and several hands to receive, transport and deliver mission-essential items to their destinations— even if the mission calls for model airplanes. Such was the case when Brig. Gen. Mark Corson, commanding general of the 103rd Sustainment Command (Expeditionary), and a Maryville, Mo., native, visited Al-Asad Air Base, Iraq, to discover that the deployment/redeployment operations center (DROC) there was did not have a set of model airplanes to use on their sand-table map.

Al-Asad is the only place in Iraq where planning takes place to transition troops in and out of theater, and those who are in charge of the DROC walk service members through their unit's transition by using a sand-table that lays out the Al-Asad area on a small-scale map. Various objects represent the buildings and structures on the air base, and colored poker chips are used to indicate different units. However, the small-scale flight runway did not have any airplanes.

"I said, 'Well that's not right,'" explained Corson. "We're gonna get you guys some airplanes."

From that point, Corson said he put the word out within the 103rd ESC by tasking the unit's internal sections with the responsibility of finding model airplanes to complete Al-Asad's sand-table. Little did Corson know that the help he requested would be granted by a 7-year-old boy in the U.S., who was eager to do his part.

Davis Williams, son of Maj. Richard Williams, assistant chief of staff, G-4, with the 103rd ESC, and an Urbandale, Iowa, native, heard about the situation from his dad.

"My dad sent my mom an e-mail addressed to me," said Davis. "It said that the general needed some airplanes for their [Al-Asad's] map."

Davis, who has an impressive collection of model airplanes, immediately went to work with the help of his sister, Brianna, to decide which of his airplanes he would send to Iraq. Together, they embarked on a well-thought-out, two-day process to determine the perfect airplanes to donate.

"I was surprised he [Davis] didn't hesitate at all when he heard he wouldn't get them [the airplanes] back," said Jackie Williams, Davis's mother. "He was more than happy to help out. I don't think he realizes how generous he has been. He's a very caring little boy."

Davis said he wanted to help Soldiers, and that it wasn't hard for him to give up his airplanes since it felt good to help out. Maj. Williams said that Davis was excited to know that his airplanes would make a difference in Operation New Dawn.

"I'm very proud of Davis. I know he wanted to show his support for me and all of the Soldiers," said Williams.

Once Davis and Brianna finally decided on four special airplanes to send to their father in Iraq, the mission gained momentum, and the planes became much more than playthings. During one of his commander's update briefs, Corson requested that the planes be treated as "sensitive cargo" when being moved via convoy to Al-Asad, said Lt. Col. James Rupkalvis, commander of the 14th Transportation Battalion, 103rd ESC, and a Mitchell, Neb., native. Corson made it clear that Davis's planes were not to be treated lightly.

"[Davis] decided that he would take some of his prized possessions, four of the airplanes from his fleet, and donate them for the cause of national defense so that Al-Asad could have airplanes on their runways," said Corson. "He went to great effort to get those shipped over here, and it seemed only right that we would make the effort to take his prized possessions that he sent in support of Operation New Dawn, and ensure that they got to Al-Asad."

Rupkalvis and his team were put in charge of ensuring that the airplanes were treated with great care during their movement from Joint Base Balad, Iraq, to Al-Asad. They

'Every unit that redeploys is going to benefit from Davis's contributions. The airplane at the end of that sand-table represents their ticket home.'

-Brig. Gen. Mark Corson

constructed a sturdy shadow box, emblazoned with the 14th Trans. Bn.'s unit crest, in which to carry the model planes. They even placed a tracking device on the box so that it was regarded as a high-priority item. To top it off, a Soldier with the 14th Trans. Bn. cut apart one of his army combat uniform jackets to use as a decorative backdrop inside the shadow box.

"It's an honor to carry the cargo with me," said Rupkalvis minutes before boarding the convoy to Al-Asad, Sept. 19. "It's a very mature thing for him [Davis] to do, and I look forward to sending back pictures so he can see how he contributed to the war effort."

Corson also recognized the maturity of Davis's contribution, and explained how and why the model airplanes became a high-priority asset to be treated with the utmost care during their movement to Al-Asad.

"It really struck me that, for some this may not be a big deal, but for a 7-year-old boy to take some of his airplanes and say 'I want to help my dad's operation, I want to be a part of that,' I thought that was really cool," said Corson. "I thought we absolutely had the obligation to ensure that they got where they needed to go. So, what to some may not seem to be a big deal, became a big deal."

Corson added, "It showed a level of maturity and commitment...you don't see that often."

Because of the level of commitment that Davis proved by shipping his model airplanes all the way to Iraq to support the

troops' mission here, Corson said he made the transportation of Davis's airplanes "an ESC mission with staff tracking it through the joint operations center, so that, by golly, it would be a priority shipment."

In addition to ensuring that the airplanes were handled with care, Corson sent Davis a personally addressed letter, thanking him for his contribution.

"Every unit that redeploys is going to benefit from Davis's contributions," concluded Corson. "The airplane at the end of that sand-table represents their ticket home."

Maj. Williams added that, for all Soldiers in Iraq, Davis's actions serve as a nice reminder that Americans of all ages are supportive of military service.

The deployment/redeployment operations team at Al-Asad appreciated Davis's generosity, as well. First Lt. Julianna Regis, deployment/redeployment operations officer-in-charge with the 240th Combat Sustainment Support Battalion, and a Phoenix, native, who works in Al-Asad, said it is inspiring that Davis was willing to donate his cherished possessions for the greater cause.

"This is very special to us," she said. "Having a family member participate in the redeployment process by providing us with model airplanes is great."

Whether or not Davis fully grasps how much of an impact he has had on operations here, all of the Soldiers who played a part in the process, along with the Soldiers at Al-Asad, will continue to feel the effects of his generosity.



Courtesy photo

ABOVE: Davis Williams, 7-year-old son of Maj. Richard Williams, assistant chief of staff, G-4, with the 103rd Sustainment Command (Expeditionary), and an Urbandale, Iowa, native, shows off his favorite model airplane. Davis shipped four of the airplanes from his fleet to his father at Joint Base Balad, Iraq, so that they could be transported to Al-Asad, Iraq, to be used on a small-scale, sand-table in the deployment/redeployment operations center.

RIGHT: Lt. Col. James Rupkalvis, commander of the 14th Transportation Battalion, 103rd Sustainment Command (Expeditionary), and a Mitchell, Neb., native, carries the shadow box containing Davis Williams’ model airplanes before boarding the convoy to Al-Asad, Iraq, Sept. 19, in the convoy staging area at Joint Base Balad, Iraq.



U.S. Army photo by Spc. Emily Walter



U.S. Army photo by Capt. Angela Cervelli

ABOVE: Soldiers with the 14th Transportation Battalion, 103rd Sustainment Command (Expeditionary), and the 240th Combat Sustainment Support Battalion, display the shadow box containing Davis Williams’ model airplanes that were transported, Sept. 19, as a high-priority shipment from Joint Base Balad, Iraq, to Al-Asad, Iraq, for use with the sand-table in the deployment/redeployment operations center there.

LEFT: Staff Sgt. Earny Wilson, a Soldier with the 240th Combat Sustainment Support Battalion, at Al-Asad, Iraq, places one of Davis Williams’ model airplanes onto the sand-table, Sept. 19, in the deployment/redeployment operations center there.

U.S. Army photo by Capt. Angela Cervelli

Comedians provide night of laughter, entertainment



Scott Kennedy (right), a comedian from Lubbock, Texas, shakes hands with an Airman during the "Comics Ready to Entertain" performance Sept. 7 at Contingency Operating Base Adder, Iraq.

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

CONTINGENCY OPERATING BASE ADDER, Iraq— "I don't drink near beer... because I get in fake fights," joked comedian Scott Kennedy during his Sept. 7 performance, in front of more than 200 service members and civilians at Contingency Operating Base Adder, Iraq.

Kennedy's "Comics Ready to Entertain" performance at Memorial Hall marked his 39th tour to Iraq, and he has toured Afghanistan 11 times. A Lubbock, Texas, native, he has appeared on NBC's "Last Comic Standing," CBS's "The Late Late Show," Norwegian Cruise Lines shows, and on ABC's "Good Morning America." He also performs to sold-out crowds up to five times a year at Harrah's Las Vegas Hotel.

Kennedy's two guests included comedians Nathan Timmel, an Iowa native, and Tom Foss, a West Virginia native.

Timmel has performed at comedy clubs across the U.S., recorded several comedy CDs that receive regular airplay on Sirius and XM satellite radio, and visited the nationally syndicated "Bob and Tom Show" twice. He has performed for American Soldiers stationed in Iraq, Afghanistan, Kuwait, Japan, and many other countries.

Foss' physical, thought-provoking comedy is often compared to George Carlin and Robin Williams: "I passed a picnic area. No facilities. How many times have you been driving down the road thinking to yourself... man, have I got to take a picnic," Foss joked.

The three "Comics Ready to Entertain" performances gave service members an opportunity to relax and unwind from their daily work routines in theater.

"It was good to come out and laugh and get my mind off of work," said Spc. Lance Lowe, a paralegal specialist with the 224th Sustainment Brigade, 103rd Sustainment Command (Expeditionary), and a Fresno, Calif., native. "It was a good change of pace."

Service members appreciated the comedians travelling to perform for them.

"It was nice to see people come out from their normal day to risk being out here [Iraq] to make us laugh," said Spc. Kristyne Thomas, a paralegal specialist with the 224th Sust. Bde., and a Modesto, Calif., native. She added that it was "cool" that Kennedy admires all service members, regardless of their age or rank.

"I thought it was great that Soldiers and Airmen liked it," said Command Sgt. Maj. Lowell White, command sergeant major of the 224th Special Troops Battalion, 224th Sust. Bde., and a Wilmington, Calif., native. "It made me laugh. You could see the pure enjoyment that the Soldiers got out of it. This has been one of the better turnouts. Every one of these comedians connected with the Soldiers."

ARTIST cont. from page 1

led to the company's new t-shirts, which Sgt. 1st Class Kelvin Conyers, medical operations noncommissioned officer with the 3rd Sust. Bde., and a Manning, S.C. native, quickly ordered.

"It's really nice," said Conyers. "It signifies the true strength of the Titan spirit."

Although the Titan mural seems to be a favorite among 3rd Sust. Bde. Soldiers, Tate said the work he's most proud of isn't yet complete. He's been working on a World War II, 3rd Infantry Division mural depicting actual 3rd ID Soldiers, since his arrival here. He had to stop the project to work on the t-walls. He said he hopes to finish it soon so it can serve as a legacy here after the unit leaves next spring.

"That's the one I'm most proud of because that one is the most challenging," said Tate. "Reality is the most challenging."

He admitted that his work since he's been in Iraq is actually a first for him. He has always drawn, but has never painted on such a large scale. The project wound up being more of an asset than a liability when he started on the t-walls outside Oasis. He already had a picture in mind.

"Regardless of the media that I use, it all carries over," he said. "The most confident I am is when I have a picture that I can view when drawing it."

The fact that his ability comes easily shouldn't be surprising. His father is a graduate of the Fashion Institute of Technology, which is the same school that turned out such designers as Calvin Klein. Tate said he hopes to pass on the talent he learned from his father to his own son one day.



The t-wall outside of the Headquarters and Headquarters Company, 3rd Special Troops Battalion, 3rd Sustainment Brigade, 103rd Sustainment Command (Expeditionary), headquarters at Joint Base Balad, Iraq, displays the artistic work of Spc. Brandon Tate, a food service specialist with HHC, 3rd STB, and a Clifton Park, N.Y., native. It is his third major project that he has completed in Iraq.

He added that his dream is to attend Ringling College of Art and Design in Sarasota, Fla., and to one day work for Pixar Animation Studios as a storyboard illustrator. For

now, he feels good to have contributed his talent to the brigade. Currently, there is a waiting list of units interested in Tate's work.

"I enjoy every project, especially when

it's [complete]," he said. "I actually like trying to do better on the next t-wall than I did on the previous. This was my intention, so I guess this is my calling."

'Wild Deuce' Soldiers play important role in drawdown

STORY AND PHOTO BY
STAFF SGT. ANTONIA SILVA-WARREN
15TH TRANSPORTATION COMPANY

CONTINGENCY OPERATING BASE

ADDER, Iraq— The "Wild Deuce" Soldiers with 2nd platoon, 15th Transportation Company, 110th Combat Sustainment Support Battalion, 224th

Sustainment Brigade, 103rd Sustainment Command (Expeditionary), became part of history this August in support of Operation Iraqi Freedom and the transition to Operation New Dawn at Contingency Operating Base Adder, Iraq.

Staff Sgt. Antonia Silva-Warren, a squad leader with the 15th Trans. Co., and a Chicago native, and Staff Sgt. Lacerisha Johnson, a squad leader with the 15th Trans. Co., and a New Orleans native, represented the Wild Deuce platoon and their respective

squads supporting the drawdown of the last combat troops, by assisting the 4th Stryker Brigade's movement out of Iraq in August.

The Wild Deuce Soldiers drove their heavy equipment transporters (HETs) from COB Adder to Victory Base Complex, Joint Base Balad, and back to Camp Virginia, Kuwait.

Their mission to support the Stryker's as recovery trucks was successful, but not without plenty of hard work. The Soldiers worked overtime preparing for this significant mission.

As they left COB Adder, they knew it would be weeks before they would see the familiar faces and the comfort of their rooms, but they were prepared for it. For the first-time deployers, it provided good driving experience.

The mission also gave the Soldiers the opportunity to see another side of Iraq on the way to the numerous camps they visited.

"It was my first mission and it was a good experience," said Spc. Jaclyn Bartlett,

a heavy wheeled vehicle operator with the 15th Trans. Co., and a Portsmouth, Va., native.

All the Wild Deuce Soldiers trained the Stryker Soldiers how to properly load and secure their Stryker vehicle on the HET trailers by practicing chaining down the Stryker's for transport.

The training was vital during the mission whenever a problem occurred. While driving down the roads of Iraq, a few of the Stryker vehicles had mechanical issues. One by one, the 15th Trans. Co. Soldiers were called upon to upload and recover the Stryker vehicles so the mission could continue and end successfully.

"This is the first time this company has conducted this type of mission," said Capt. Stacey Jelks, the commander of the 15th Trans. Co., and a Bloomingdale, Ill., native. "We are honored to have assisted the last combat unit out of theater, and we look forward to assisting other units making their exit out of theater as well."



Soldiers with 2nd Platoon, 15th Transportation Company, 110th Combat Sustainment Support Battalion, 224th Sustainment Brigade, 103rd Sustainment Command (Expeditionary), recover a Stryker vehicle from 4th Stryker Brigade Combat Team in August at Joint Base Balad, Iraq.

Soldiers train hard, prepare for upcoming half marathon

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

CONTINGENCY OPERATING BASE ADDER, Iraq— Soldiers with Headquarters and Headquarters Company, 224th Sustainment Brigade, 103rd Sustainment Command (Expeditionary), from Long Beach, Calif., began training in September for the Long Beach Half Marathon that is slated for Oct. 17 at Contingency Operating Base Adder, Iraq.

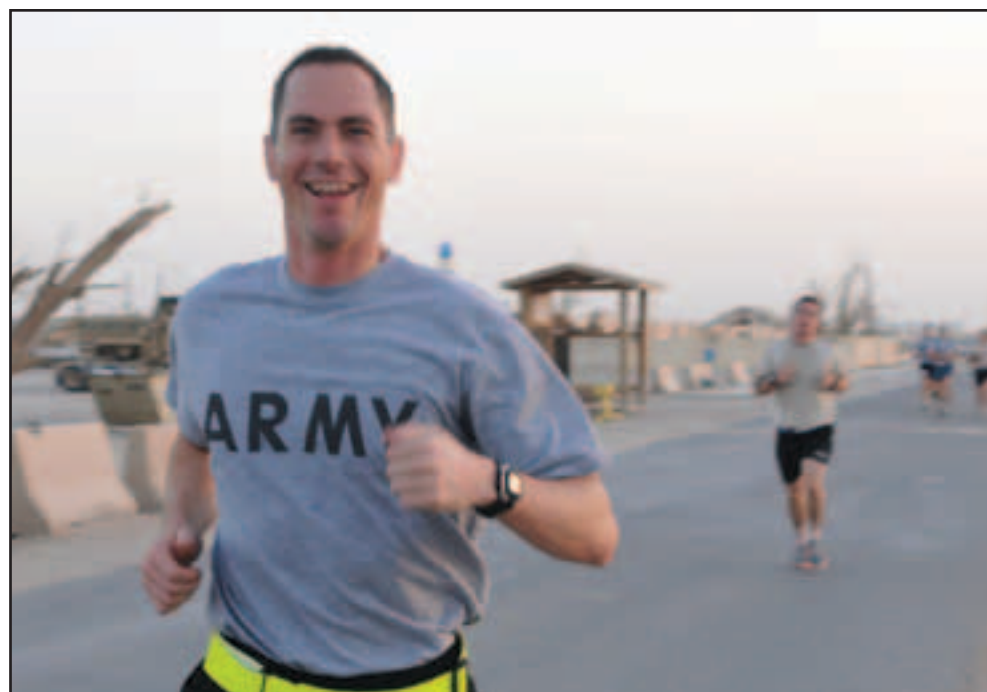
The event will be held the same day as the full and half marathons that are scheduled to take place in Long Beach, Calif. The marathon is sponsored by International City Bank (ICB), and race participants will receive t-shirts, medals, goodie bags, race bibs, and raffle prizes.

One Soldier, Capt. Ryan Johnson, battle captain with HHC, 224th Sust. Bde., and a Newport Beach, Calif., native, has begun training for the race by running an average of 18 miles per week. Johnson said his goal is to average a 7:30 mile pace for the entire race, and added that his motivation for running is that he loves to run.

"A big thanks goes to the sponsors of the event," said Johnson. "It's great they are supporting the Soldiers, both those from California and elsewhere."

Sgt. Jason Tugmon, a healthcare noncommissioned officer and medic with HHC, 224th Sust. Bde., and a San Dimas, Calif., native, said that he is training for this event by running in every organized run leading up to the event, and that he is doing as much running and physical activity in the gym as his schedule allows.

"In addition, I am staying away from fatty cakes in the dining facility," said Tugmon. "My personal goal for the run is to survive and come in around 2.5 hours. My motivation for participating in the event is competing with myself to succeed, and participating in a worthwhile cause with my fellow Soldiers."



Capt. Ryan Johnson, battle captain with Headquarters and Headquarters Company, 224th Sustainment Brigade, 103rd Sustainment Command (Expeditionary), and a Newport Beach, Calif., native, smiles during the 9/11 Memorial 10K race, Sept. 11, at Contingency Operating Base Adder, Iraq. He is currently training to complete the Long Beach Half Marathon scheduled for Oct. 17 at COB Adder.

Many morale-boosting activities available for time off

STORY BY
STAFF SGT. LETICIA MITCHELL
110TH CSSB

CONTINGENCY OPERATING BASE

ADDER, Iraq— Soldiers with Headquarters and Headquarters Company, 110th Combat Sustainment Support Battalion, 224th Sustainment Brigade,

103rd Sustainment Command (Expeditionary), held a cookout and horseshoe tournament Aug. 18 at Contingency Operating Base Adder, Iraq, to mark a milestone in their deployment.

"We wanted to do something to commemorate our halfway mark," said Master Sgt.

Scott Whisnant, support operations noncommissioned officer-in-charge with HHC, 110th CSSB, and a Covington, Ga., native. "We have completed the transition phase and have gotten settled into the mission. It is important to get the section together and let them know that their hard work is appreciated."

By all appearances, 110th CSSB Soldiers seem to have found all of the comforts of home at COB Adder. The containerized housing units where the Soldiers live have been made cozy with refrigerators, microwaves and other amenities. On their time off work, Soldiers can visit the Morale, Welfare and Recreation center where videogames, billiards, ping pong and more are offered. They can take up mixed martial arts or yoga, and there are places to play basketball and

volleyball. COB Adder even supports softball and flag football leagues.

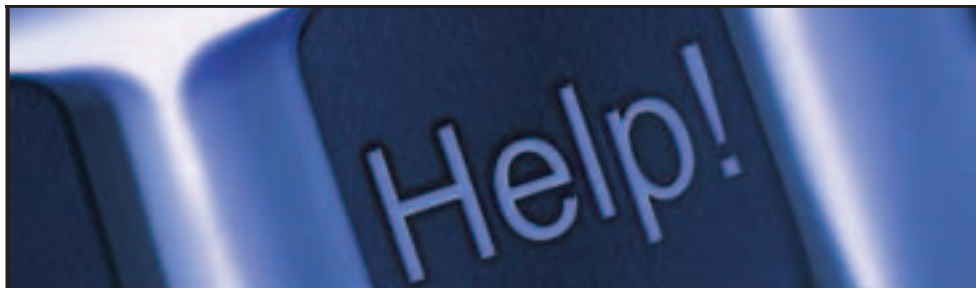
There is plenty for Soldiers to do on COB Adder during down time, from various martial arts and dance classes to strongman competitions and chess tournaments. If they want a taste of home, they can dine at one of the American food locations as an alternative to eating at the dining facilities for every meal. Some may choose to stay in and grill out in their living area instead. To work off the food, Soldiers can head over to the House of Pain Gym or the Bedrock Gym.

The only things missing on COB Adder seem to be the friends and family that the Soldiers left behind. Internet access and telephones allow Soldiers to communicate with home via Skype, Facebook, or other means.

"I never thought I would miss being away from home so much, but now that I'm gone, all I can think about is being back with my husband," said Spc. Erin Young, a radio/telephone operator with HHC, 110th CSSB, and a Calhoun, Ga., native.

Capt. David Howell, commander of HHC, 110th CSSB, and a Dallas, Ga., native, added that the long distance doesn't dampen his Soldiers' spirits.

"Nonetheless, morale within the company is high," he said. "Most agree that distance really does make the heart grow fonder, and they are finding plenty of ways to enjoy themselves until their homecoming. Soldiers look forward to being back home with their families and are having fun in the meantime, but it is also plain to see that they are focused resolutely on the task at hand."



A look into the 'Sat-Go,' what it can do

SGT. 1ST CLASS RAY CALEF
EXPEDITIONARY TIMES STAFF



A few weeks ago I wrote about Slingbox and other portable devices allowing the viewer to plug into their televisions at home and view that content anywhere they travel, via a laptop or cell phone. This week, we will discuss actual satellite broadcasts beamed to wherever one may be with Direct TV's Sat-Go, or Satellite-To-Go.

The first thought that comes to mind for me with a device like this is tailgating; nothing like being at the stadium prior to the big game and being able to watch whatever games you would normally miss. But tailgating is not the only place you can take advantage of the Sat-Go. The places to enjoy this service are endless; all you really need is a clear view of the southern sky. It even has a built-in compass and signal meter for acquiring Direct TV satellite signal.

Here are the nuts and bolts. The suitcase-like carrying case integrates a TV, Direct TV receiver, and a direct TV antenna. The case itself is 19 inches wide and 19 inches deep, with a 17-inch LCD screen, and weighs 27 pounds. It has a handle, which makes it very easy to carry. A remote control can be programmed to control the TV and two additional devices, such as a DVD player or other audio equipment. You can get score updates by pressing the red button on the remote.

Here's a feature for you video gamers out there: You can play video games outdoors on the Game Lounge. The Sat-Go will also allow you to connect to your own gaming console. It runs on standard AC/DC power, and comes with a 15-foot extension cord that plugs into vehicle power adapters. The only problem with this is keeping your vehicle running to ensure the charge. In this case, a small generator would work.

A big negative is the battery that comes with the Sat-Go. It lasts a grand total of one hour. What? Are you kidding me? You can barely watch a football game into the second quarter with that kind of life. My guess is the folks at Direct TV are feverishly looking into expanding the battery charge, based on information from various websites cataloging complaints regarding it.

Cost could be a factor. If you get it from an outside vendor, it is \$1000. It is half that price if you are already a Direct TV customer.

Direct TV claims that you get an unobstructed signal 99% of the time. I would agree with that, with one caveat: You get a signal like that if it is clear. If there is any weather, either thick clouds or precipitation (mainly rain), then I would say that percentage drops to about 75%. Not horrible, but if you use it for tailgating, you may well encounter all types of weather that may affect the signal.

Other uses that come to mind? Over-the-road truckers, for one; anyone who finds themselves outdoors for periods of time and don't want to miss a favorite show; people who enjoy camping. The uses are endless.

Word on the Street

What would you do with a million dollars?



"I would pay off my house and take my family to Hawaii for a couple weeks. Then I would buy a business that I've been looking at and, of course, give some to charity and my church."

Lt. Col. Jeff Stegman, commander of the 322nd Military History Detachment, 103rd Sustainment Command (Expeditionary), and a Raleigh, N.C., native



"I would buy my mom the dream house she has always wanted, and pay for my niece's and nephew's college."

Spc. Stacey Hunnell, a Soldier in the G-7 section with the 103rd Sustainment Command (Expeditionary), and a Des Moines, Iowa, native



"I would take half of it and split it up among my family members, and then I'd take the other half and buy a house and car, because I need both of those things. Then I would buy a motorbike, and then put the rest away for retirement."

Staff Sgt. Frederick Parker, noncommissioned officer-in-charge with the 322nd Military History Detachment, 103rd Sustainment Command (Expeditionary), and an Albion Springs, La., native

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

**ARMY
TEN-MILER**

10/16/10

JOINT BASE BALAD

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

THEATER PERSPECTIVES

“It is essential that the current government, which is in transition status until the new government is formed, continues to provide security and other essential services for the Iraqi people.”

Mark Toner, State Department press director, in response to a series of car bombs in Iraq

“I look forward to continuing to work in partnership to promote development...and to uphold the values on which our organizations are based.”

Secretary-General Ban Ki-moon on the role of the Organization of the Islamic Conference as a partner to the U.N. in seeking solutions to a wide range of global problems, including conflict in the Middle East

“It takes time to nurture an organizational culture that respects the need for planning...”

Stuart W. Bowen Jr., special inspector general for Iraq reconstruction, in House testimony

“The situation in Iraq has changed as a result of immense positive developments that have taken place since the collapse of the former regime and the end of the dictatorship.”

Jalal Talabani, Iraqi president, in his address to the U.N. General Assembly

“We are hopeful and indeed confident that Iraq will become a stable democracy sometime in the future.”

Mark Toner, State Department press director, responding to a question on how many troops will need to stay in Iraq

A NEW MEDAL OF HONOR RECIPIENT

There are several awards, ribbons and decorations within the military that recognize superior achievement and valor; the highest of which, the Medal of Honor, is one that few service members get the chance to see, let alone receive. Army Staff Sgt. Salvatore Giunta, an infantryman with the 173rd Airborne Brigade Combat Team, and a Hiawatha, Iowa, native, is about to join the ranks of the few service members who have earned this particular medal. As the first living Medal of Honor recipient since Vietnam, Giunta proved his valor by saving the lives of his squad members in the war in Afghanistan in 2007.

Staff Sgt. Salvatore Giunta

- Enlisted in the Army in November 2003.
- Attended basic combat training and infantry school at Fort Benning, Ga.
- October 2007: Giunta's squad was ambushed by the Taliban in the Korangal Valley, Afghanistan.
- Assisted two wounded Soldiers while moving, firing and throwing hand grenades; saved another Soldier who was being dragged into the forest by two Taliban fighters, including one high-value target who Giunta engaged with his weapon.
- September 2010: The White House announced that Giunta would receive the Medal of Honor, which makes him the first living recipient since the Vietnam War.
- Other Awards: Bronze Star, Purple Heart, Two Army Commendation Medals



Sudoku

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

Last week's answers

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

Level: Hard

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

TEST YOUR KNOWLEDGE

1. Which stage show, which became a successful movie, features Frank N Furter and Riff Raff?
2. Who won the Best Director Oscar for Titanic?
3. Which Russian city was famous for its State Circus?
4. In which Austrian city, home of Mozart, has an annual music festival been held since 1920?
5. Who is the Princess in the Super Mario gang?
6. Where in Japan is the Nintendo company based?

1. The Rocky Horror Show 2. James Cameron 3. Moscow 4. Salzburg 5. Daisy 6. Kyoto

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 Sept. 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.

EAST FIT-
NESS

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.

Edge Weapons
& Stick Fight-
ing Combative
Training:
Tue., Thur.,
Sat.,
8-10 p.m.

Chess & Domi-
noes Tourney:
Friday
8 p.m.

Salsa Class:
Saturday
8:30 p.m.

Poker:
Saturday
7:30 p.m.

H6 FITNESS
CENTER

Spin:
Sunday 9 a.m.

Swing Class:
Tue., Thu.,
5:45 a.m.,
9 a.m.,
8:30 p.m.

Boxing:
Sunday
4 p.m.

Dungeons &
Dragons:
Thursday
7:30 p.m.

Poetry Night:
Thursday
8 p.m.

6-ball tourney:
Thursday
8 p.m.

Power Abs:
Mon., Tue.,
Thu.,
8 p.m.

Caribbean
Night:
Friday
8 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.

Ping-pong
tourney:
Tuesday
2 a.m.,
8:30 p.m.

Spades:
Tuesday
7 a.m.,
3 p.m.

Salsa:
Monday, 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 Basket-
ball:
Saturday
8 p.m.

H6 RECRE-
ATION
CENTER

Karaoke:
Tue., Thu.,
8:45 a.m.
7 p.m.

Bingo:
Sunday 8 p.m.

Texas

Hold'em:
Mon., Fri.,
2 p.m.,
8:30 p.m.

8-ball tourney:
Tuesday
2 a.m.,
8:30 p.m.

Ping-pong
tourney:
Tuesday
2 a.m.,
8:30 p.m.

Spades:
Wednesday
2 a.m.,
8:30 p.m.

Salsa:
Thursday
2 a.m.,
8:30 p.m.

Enlisted Poker:
Friday
1 p.m., 8 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.

Floor hockey:
Mon., Wed.,
Fri.,
8-10 p.m.

WEST FIT-
NESS
CENTER

3 on 3 basket-
ball
tourney:
Saturday
7:30 p.m.

6 on 6 vol-
leyball
tourney:
Friday

8-10 p.m.

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ARTS & ENTERTAINMENT

'The Sports Lounge': NFL, college at a glance

BY SGT. 1ST CLASS RAY CALEF
EXPEDITIONARY TIMES STAFF



I'm not ot particularly sure why I am allowing my face to be shown after a few of my predictions have quite literally gone up in smoke the last few weeks. From the baseball Cardinals flopping to both of my NFC Championship participants, the Vikings and the Cowboys, starting off 0-2, all the way out to Arizona to see my favorite team in all of sports, my beloved Iowa Hawkeyes, take a dive in the desert, my skills as a prognosticator seem to be sorely lacking at this point.

However, despite the Cards tanking, my other predictions regarding Major League Baseball are panning out nicely. In the American League, the Yanks have opened up a precarious two game lead over the Rays, those two teams will occupy two spots in the playoffs, the Rangers will win the West, and the Twins clinched the Central. In addition, the Phillies overtook the Braves in the East, and the Giants are leading in the West, but only by a game over the Padres. All predicted by me.

Perhaps I shouldn't be so hard on myself? On to my last spate of predictions for the NFL. Let's take a look at the AFC playoffs and how they will shake out. The team that I predicted to have the best overall record was the Colts, at 13-3. Two teams get byes to the Divisional Round; the other team will be the Baltimore Ravens, at 12-4.

So let's proceed to wild card weekend. The top seeded team leftover will be Patriots, and the other division winner will be San Diego. Those will be the home teams that first weekend. The Patriots will play the lowest seeded team to make the playoffs, which I think will be the Tennessee Titans. That leaves a rematch between the Chargers and the Jets in San Diego to round out the weekend. The winners?

Bet on the Patriots taking care of business at home. In spite of their loss to the Jets last week, they are better than they have been for a couple of years. And look for the Jets to beat the listless Chargers, at least when it comes to the playoffs lately.

The divisional round will feature some great matchups, with the Colts hosting the Jets in a matchup of a great defense vs. the league's best offense. My crystal ball shows the Colts getting the win, as Peyton Manning is just too much at home

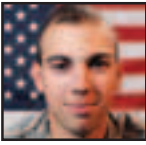
for Rex Reid's "gang green." The other side of the coin features the Ravens, who may have the best defense in the league, period, at home against the Patriots. While my head is telling me to pick the Ravens and that stellar defense, Bill Belicheks continued mastery of football in general tips the scales in their favor, and I predict the upset, Pats over Baltimore.

So...we have an AFC Championship rematch of years past with the Patriots and Colts facing off in Indianapolis. I'm picking the Patriots in a surprise, to face the Vikings??? We will see how that plays out.

The only college game involving ranked opponents was my very own Iowa Hawkeyes taking on Arizona in Tucson. A late start coupled with an overtime game showing prior ensured I missed the beginning of the game that was shown on AFN. I didn't miss much, however, because special team's gaffes put the Hawks in a hole from the start, 27-7 at half. I'll give the Hawks credit as they clawed back and tied the game only to see it fizzle on a nice drive by 'Zona to win it at the end. That was the only upset in the college ranks. More next week on baseball winding down as well as NFL and college wrap-ups.

'Resident Evil' features winning plot once again

BY SPC. ADRIAN MUEHE
EXPEDITIONARY TIMES STAFF



'Resident Evil: Afterlife,' the fourth film in Paul W.S. Anderson's theatrical series based off the popular video game franchise Resident Evil, debuted in cinemas across the world on Sept. 17.

Just as there are several video game titles, this is the fourth movie in which the heroine, Alice, struggles to stay alive while battling zombies mutated by the T-Virus and the evil Umbrella Corporation that created it.

This is a series my nerdy, video game-loving self has grown to love over the past few years. Naturally, I rushed to the Sustainer Theater the opening night to get my large popcorn, two cans of Coke, and a prime seat to enjoy what I thought was going to be the conclusion to the series. I mean the name of the movie is Afterlife, and what can be after that?

The movie was, like most movies are nowadays, 3-D, which gave me a really cool feeling as I was watching Alice

and her clones wreak havoc upon Umbrella's headquarters deep under Raccoon City. If you are lost at this point, then obviously you have not seen the previous three movies, 'Resident Evil,' 'Resident Evil: Extinction,' and 'Resident Evil Apocalypse.' There is too much to fit into this review, so you will be completely clueless. My suggestion is to go to the Iraqi Free Zone and buy the Resident Evil bundle. It will probably empty your wallet of about five bucks.

Alice leaves the Umbrella headquarters, and all her clones, destroyed. She then proceeds to track down the supposed sanctuary of Arcadia. This is from the last movie, where she sent all her friends and promised to meet back after getting her revenge.

Upon arriving at this 'village' in Alaska, she finds nothing but abandoned planes...and a deranged woman that tries to kill her and appears to be controlled by a spider robot on her chest. After kicking this girl's behind, Alice notices that it is Claire, one of her friends from the last movie.

In a throwback to the first movie, Claire is suffering from amnesia and can't remember a thing about her previous life, or

working with Alice to combat zombies. After Claire is nursed back to health, and retains some memory, they head to Los Angeles, Calif., and find a group of survivors held up in a prison surrounded by (SPOILER ALERT) zombies: massive amounts of hungry, brain-dead zombies. I'm not going to go further into the plot, as I don't want to ruin the movie for you.

The movie is rated R, so you can expect a lot of blood, gore, kick-butt action, and everything else you would expect to see in a post-apocalyptic zombie feature, but oh so much more.

What I will say about the ending is that there will most definitely be a chapter 5. Based off what this movie had to offer, I imagine that it will be a story fitting of its own movie, and not just Hollywood making money off unnecessary sequels. If there is Resident Evil 5, I don't expect to be in a theater back in the states paying homage to Monty Python by yelling at the screen to 'get on with it.'

I give this movie an 8/10 and look forward to the fifth. If you are truly a fan of the series, I recommend staying around for the final credits. There's a bonus scene with a familiar face in it.

PVT MURPHY'S LAW



Wednesday September 29
Reserved for a concert
Thursday September 30
5 p.m. Dinner for Schmucks (PG-13)
8 p.m. The Town (R) 1st Run
Friday October 01
6 p.m. Legends of the Guardians (PG) 1st Run
9 p.m. Eat Pray Love (PG-13)
Saturday October 02
2 p.m. The Switch (PG-13)
5 p.m. Eat Pray Love (PG-13)
8 p.m. Scott Pilgrim Vs. The World (PG-13)
Sunday October 03
2 p.m. Eat Pray Love (PG-13)
5 p.m. Legends of the Guardians (PG) 1st Run
8 p.m. The Switch (PG-13)
Monday October 04
5 p.m. Scott Pilgrim Vs. The World (PG-13)
8 p.m. Eat Pray Love (PG-13)



U.S. Army Photo by Pvt. Zachary Zuber

Cpl. Shawn Watkins, a disbursing certifier with the 368th Financial Management Company, 3rd Sustainment Brigade, 103rd Sustainment Command (Expeditionary), and a Strong City, Kan., native, assists a claimant filling out paperwork for his lease repayment Sept. 19 at Joint Base Balad, Iraq.



U.S. Army Photo by Capt. Angela Cervelli

ABOVE: (Left to right) Sgt. 1st Class Demarco Ragland, Sgt. James Crownover, Sgt. 1st Class Jamil Long, Pfc. David Kelso, Staff Sgt. Earny Wilson, Pvt. Luis Martinez, and Sgt. Antonio Simmons, all with the 240th Combat Sustainment Support Battalion; Lt. Col. James Rupkalvis, commander of the 14th Transportation Battalion, 103rd Sustainment Command (Expeditionary); Capt. William Foster, commander of the 458th Movement Control Team; Capt. Michael Lyhane, commander of the 535th MCT; and Command Sgt. Maj. Jason Runnels, senior noncommissioned officer of the 14th Trans. Bn., all stand with the shadow box containing four model airplanes that were donated by 7-year-old Davis Williams, an Urbandale, Iowa, native, who wanted to support the troops by sending his toy planes to be used on a small-scale, sand-table map in the deployment/redeployment operations center at Al Asad, Iraq.



U.S. Army photo by Spc. Lukas McWhorter

RIGHT: The Arizona Cardinal cheerleaders dance their finale during a show for service members Sept. 17 at the east Morale, Welfare and Recreation Center at Joint Base Balad, Iraq. It was their first stop on a tour of the country to meet and perform for deployed troops.