



The Expeditionary Times

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Staff Sgt. Jonathan Denton (RIGHT), personnel security detachment operations noncommissioned officer with the 3rd Sustainment Brigade, 103rd Sustainment Command (Expeditionary), and a Rolling Meadows, Ill., native, signs a flag for Sgt. Matthew Garwood (LEFT), command sgt. maj.'s truck commander for the PSD with the 3rd Sus. Bde., and a Jamaica, native. Garwood plans to present the flag to a friend who served with him on his first PSD team during OIF III. The friend lost his left leg in an IED blast.

PSD Soldier sets example, helps build team

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

JOINT BASE BALAD, Iraq— Most people in the 3rd Sustainment Brigade, 103rd Sustainment Command (Expeditionary) who know Sgt. Matthew Garwood, know him as a quiet professional. As the brigade command sergeant major's truck commander, he goes about his job unassuming, performing his duties quietly, occasionally laughing with his friends on the brigade's Personnel Security Detachment.

Only when you sit down and talk with him, will you learn that the Jamaica native is on the downward slope of his fourth deployment to Iraq, and is the recipient of the Purple Heart, Bronze Star,

Combat Action Badge, and the Army Commendation Medal with Valor, among others. Only through focused conversation will you learn that in his eight years in the Army, he has completed more than 330 combat missions, and is serving with his third PSD team, all before the age of 27.

Although Garwood is a logistics specialist by trade, he volunteered to be a part of the PSD for three straight deployments.

"Letting Sgt. Garwood join my PSD again was the hardest decision I've ever had to make," said Command Sgt. Maj. Clifton Johnson, Command Sgt. Maj. and senior enlisted advisor of the 3rd Sustainment Brigade, and a Lima, Ohio, native. "But he's my gunner; he took care of me. And I knew what assets he brought to the team."

The decision wasn't an easy one because Johnson knew the dangers Garwood, who had only lived in the United States for two years before enlisting, had seen over the years.

Although Garwood's first deployment to Camp Dogwood, Iraq during OIF I with Headquarters, Headquarters Company, 3rd Infantry Division Support Command was relatively short and quiet, his second during OIF III would prove to be one he'd never forget.

"That was a really tough deployment," he said. "We lost half of our platoon. We got hit on the regular. Those were bad days."

One of his buddies, Spc. Lito Santos, who was the first gunner on Garwood's High Mobility Multiwheeled Vehicle, lost his leg after one particular blast. He didn't return to the team, but everyone on the PSD remained in close touch with him. The losses actually managed to draw the team closer.

"Every time we rode together, we knew that we were riding for each other," Garwood said.

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**Dave Roevers visits
JBB, speaks his mes-
sage of resilience**

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Duty, dedication no matter the task

CAPT. TIMOTHY BLATTER
CHAPLAIN
141ST MILITARY INTELLIGENCE BATTALION



As a Utah National Guard Chaplain, I work at a local high school as a guidance counselor and football/wrestling coach for my civilian employment. Working with teenagers in these capacities have provided me with many anecdotes and lessons learned. I would like to share just one with you.

After my first deployment to Afghanistan in 2004 – 2005, I returned to school and also to my wrestling team in time for the fall/winter season. Because I had been absent for the past year-and-a-half, there were many new faces on my team that I did not recognize. Well, we had been at it for about two weeks when one afternoon in practice I noticed a wrestler who was new to me and whom I really hadn't paid a whole lot of attention to yet. As I watched, he just rolled over for his practice partner, without much fight, and let his partner pin him! Thinking this an opportune time to make a point, I stopped not just their practice match, but the whole practice as well, and asked in a loud voice, "John, do you just realize what you did?"

John looked up at me with a hint of fear in his eyes and said, "Um...no, coach." "You just quit," I informed him. "You quit! Do you understand what I am saying?" Again he looked up at me with a 'deer-in-the-headlights' look and quipped, "Ah...no." Now at this point I was starting to foam and froth at the mouth, and was getting pretty worked up, so I responded, "Wrestling is a 'mano y mano' sport. It is you versus him! If you just quit, you know what that means, right?" As I waited for his response, the veins in my temples began to bulge. "No, coach," he muttered, "what does that mean?" "What it means," I replied, trying to show restraint, but also wanting this to be a teaching moment for everyone who was in the wrestling room, "is that if you two were dueling with swords 200 years ago, you would be dead right now! Do you understand what I am saying, John?" Again, the look on his face told me that he still did not comprehend the battle/warrior spirit that I was trying to convey. That, along with the fact I had just finished a long deployment and

was still in the military mindset, led me to finally bellow, "I guess what I am asking, John, is if you and I are in a fox hole together, am I going to live or am I going to die?" The wrestling room was silent as John looked up at me with a little crocodile tear in his eye and replied, "Coach, I think you're gonna die."

Needless to say, the other wrestlers loved it and the silence turned into uncontrollable laughter – not at John but at the situation. I too found myself chuckling as I turned the practice over to my assistant coach and John and I went into the locker room together to chat in private. After talking with John, what it came down to was that he didn't like to practice – the hard work, the drilling, the sweat. He loved matches – wrestling in front of the crowd, the cheers, the adrenaline rush, but practice...that was another thing. This gave me a great opportunity to talk to John about the Army Value – Duty.

In the Army we are taught to fulfill our obligations and always place the mission first. If given a glamorous mission of high importance or one filled with daunting danger, of course we would do our duty, fight to the end, and complete the mission at all costs. But what about when the mission is to PMCS a vehicle, provide food or supplies to a unit who are in just regular circumstances, or to do PT on a regular and consistent basis. Do we do our duty and place the mission first then, regardless of what the details are? Or are we like my wrestler, John? Not willing to give it all during practice and just wanting to save it for when the crowd is watching? I tried my best with John, but unfortunately he found out the hard way that season, that Duty does not just "show up" on the day of the match. Duty is a trait that is earned by practicing hard each day, or by putting EVERY mission first, regardless of how glamorous or mundane it might seem.

As a chaplain, I enlist the help of a higher power every day to assist me with my mission of helping soldiers, regardless of their faith, religious beliefs, or even lack of them because ALL soldiers are important to me. Whatever it is in your life that gives you strength to do your duty daily and to place every mission first, I pray that it will sustain you. And as it does, I hope when asked the tough question of whether or not you can be counted on to do your duty, you can reply "I've got you coach."

Have you got a story to tell?

The 103rd ESC PAO is looking for Soldiers who have deployed before for interviews and photographs of Joint Base Balad and Iraq.

If you are interested in submitting a story or photograph of your own, please e-mail us at escpao@iraq.centcom.mil.

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: Facebook and AR 600-20

MAJ. ERIK VERHOEF
103RD ESC DEPUTY IG



First I must confess that this week's article was taken from the extensive research conducted by Capt. Tulsi Rogers, a Judge Advocate General Officer, so no Lawyer jokes this week in honor of him making my job easy.

The OMPF is divided into three primary "fiche" or files: Performance (P), Service (S), and Restricted (R).

The P fiche is used for filing performance, commendatory, and disciplinary data and is divided into the performance section, and commendatory/disciplinary (CD) files. The P fiche is routinely used by career managers and boards, and documents placed there are used for evaluation and selection purposes. Unfavorable information such as Letters of Reprimand, Records of Proceedings under Article 15, and records of Courts-Martial convictions will be found either in the CD file of the "P" fiche or on the restricted "R" fiche.

The S fiche is where general information and service data are filed. The fiche is divided into a service computation (SC) section and a general administration (GA) section.

The R fiche is used for "historical" data, including unfavorable information, kept to maintain an "unbroken, historical record of a soldier's service, conduct, duty performance, and evaluation periods" as well as to note corrections to other parts of the OMPF and as a record of reports and appellate actions, to protect the Soldier and the Army. The fiche is normally improper for viewing by selection boards or career managers.

PLACEMENT, CORRECTION, AND REMOVAL OF DOCUMENTS FROM THE OMPF

AR 600-37 discusses the authority to place unfavorable information in the OMPF. Chapter 7 provides the procedures regarding appeals and petitions for transfer or removal of unfavorable information from the OMPF. If a Soldier wishes to challenge the placement of unfavorable information in his OMPF, he must show by "clear and convincing evidence" that the document (or portions thereof) is "untrue or unjust."

Upon the request of the Soldier, Letters of Reprimand and Record of Proceedings under Article 15, UCMJ, may also be transferred from the "P" fiche to the "R" fiche based on two criteria being met. The Soldier must provide "substantial evidence" that the Reprimand or Article 15 has served their "intended purpose" and that the transfer would be in the best interest of the Army. Such transfers, if granted, will not delete the information from the OMPF, but will limit access to the unfavorable information to those authorized access by AR 600-8-104.

THE AUTHORITY TO RELEASE RESTRICTED INFORMATION

The release of information on the "R" fiche will not be released to any other person or agency, except as provided by the regulation. The general rule is that "R" fiche information will only be released upon written approval from the CG, PERSCOM; the Commander, ARPERCEN; or the DA selection board proponent. There are a number of limited exceptions to this general rule.

Disciplinary information filed on the R fiche will be provided to the CSM/SGM and SGM Academy selection

I.G. Contacts

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DSN 433-2125

Lt. Col. Jeffrey Schneider (*Cmd*)
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and CSM/SGM retention boards to ensure the best qualified soldiers are selected for these positions of highest trust.

Although "not a routine procedure", the R fiche may be released to other DA selection boards. As a matter of experience, it has become "routine" for many E-7, E-8, and other DA selection boards. Although most officers will have "R" fiche as a result of having "masked" OERs as Lieutenants, an enlisted Soldier would only have an "R" fiche as a result of having some document transferred to it. Thus for enlisted members the existence of an "R" fiche is a tip-off that unfavorable information has been filed.

Combat Stress: Importance of Being Patient

SPC. ALYSSA CHAPOY
85TH COMBAT STRESS CONTROL



Why is it important to be patient? I never liked it when things didn't go my way, I didn't like lines, and I wanted things NOW. Does this make me an impatient person?

As children we are taught we must stand in line, slow and steady wins the race, and good things come to those who wait. If patience is a virtue does it come in time? I ask myself that question and come up with an array of answers. As kids, our parents guide us every step of the way and they remind us that some things in life require patience. They remind us that we have to wait in lines, listen, and finish what we started. I never understood the waiting in line part or the listening part. It bored me because of course, "I knew it all". As young kids, did any of us take the time to think about what our parents were trying to teach us? No, we wanted to be our own independent person making our own rules. When I look back at all the times that I did not take the slow and steady pace or finish what I started, I realize that

what my parents taught me was so important. In my mind, my parents were trying to torture me. In reality they were teaching me about what society deemed appropriate and preparing me for the world.

As a mother of two little girls, I find myself repeating the same words that my parents said, "We have to wait our turn, or we have to wait in line." I can't imagine being impulsive and rash when it comes to my daughters. Their inquisitive minds demand that as a grown-up I remain patient and calm at all times. Children are learning every day. They want to know what, why, and how. Their need for information isn't meant to annoy us or frustrate us, it is meant to teach them and us as well. As with any mother, the "Lioness" comes out in me at the very hint of a person being impatient with my cubs. This comes from knowing what is right and how to be patient with people we care about. If everyone did that exact same thing with every person, wouldn't patience be much easier to accomplish? A very good way to acquire patience is to ask yourself how you would like to be treated in a situation.

Different things come into play with different people. What if they are having a bad day and all they need is one

person to be patient and help them? What if one person didn't learn as quickly and all he needed was someone to be patient and teach him? Not everyone is the same, but everyone deserves to be treated with patience. It is easy to forget to be patient, but remember you could be the one person to help someone who just needed a little patience in their life.

As a behavioral health specialist being patient is important and a necessary requirement for my job. Day in and day out, I provide help to service members and civilians. My job requires patience and understanding. If I didn't have the patience to sit down and listen to a person in need, I could damage everything that the mental health field has strived to achieve. It is my job to provide a calm and therapeutic environment for anyone and everyone who seeks my help. I couldn't imagine that in my time of need, a person that I was talking too got up and walked away because of the lack of patience on their part. Patience is not something that can be taught, but it must be learned, acquired with time and practiced. Practice being patient and hopefully you will see changes in yourself. Lines may not annoy you as much, and you may refrain from making rash and impulsive decisions. Hopefully the importance of patience has been understood..

Coins of excellence commemorate outstanding Soldiers

STORY BY
1ST LT. WILLIAM BURKE
319TH TRANSPORTATION COMPANY

CONTINGENCY OPERATING BASE ADDER, Iraq—

Soldiers with the maintenance platoon of the 319th Transportation Company, 749th Combat Sustainment Support Battalion, 224th Sustainment Brigade, 103rd Sustainment Command (Expeditionary), received personalized coins of excellence Jan. 24 for their outstanding performance in maintaining mission-essential equipment during their deployment to Contingency Operating Base Adder, Iraq.

Staff Sgt. Joshua Heyward, motor sergeant with the 319th Trans. Co., and a Hephzibah, Ga., native, commissioned the creation of the coins to commemorate the success of his

platoon and to remind the Soldiers what they accomplished during their time at COB Adder.

"I feel it is important to recognize Soldiers who have truly gone above and beyond – even if it is just a token of my appreciation of their hard work," Heyward said. "We as a company could not have been successful without them."

Spc. Jerry Rudolph (RIGHT), a signal systems support specialist with the 319th Transportation Company, 749th Combat Sustainment Support Battalion, 224th Sustainment Brigade, 103rd Sustainment Command (Expeditionary), and a Hephzibah, Ga., native, received a personalized coin of excellence from Staff Sgt. Joshua Heyward (LEFT), motor sergeant with the 319th Trans. Co., and a Hephzibah, Ga., native, for his performance at Contingency Operating Base Adder, Iraq.



U.S. Army photo by 1st Lt. Craig Durante



Maxine Jones and Terry Ellis of En Vogue performed for a crowd of hundreds of service members and civilians Jan. 21 at Sustainer Theater, Joint Base Balad, Iraq

En Vogue gives JBB a piece of their love

STORY AND PHOTOS
SPC. ZANE CRAIG
EXPEDITIONARY TIMES STAFF

JOINT BASE BALAD, Iraq— En Vogue performed for a crowd of hundreds of service members and civilians Jan. 21 at Sustainer Theater, Joint Base Balad, Iraq.

En Vogue consists of four members who have been making music together for more than twenty years. Some of their most popular hits include; “Whatta Man”, “(My Lovin) You’re Never Gonna Get It” and “Free Your Mind”.

Maxine Jones and Terry Ellis performed at JBB while another band mate who was scheduled to perform had to return to the U.S. at the last minute due to a loss within her Family.

Though the audience was seated and quiet at the beginning of the performance, they were soon standing, dancing, singing and gathering in front of the stage with encouragement from the band.

Jones and Ellis are both endowed with a wide vocal range and soulful voices that complement each other well. Jones has a lower-key “Motown voice”, whereas Ellis is said to have a “ballad voice”.

“We appreciate so much what you all do for us here and it’s an honor for us to be here,” said Jones between songs to the audience.

Jones and Ellis also paid tribute to their musical roots by performing a mash-up of classic Motown and soul tunes such as ‘Proud Mary’.

The climax of the show, however,



Maxine Jones belts out the vocals of one of En Vogue’s classic hits, to a packed Sustainer theater at Joint Base Balad, Iraq.

occurred when En Vogue invited eight male members of the audience up on stage so they could show the ladies a piece of their love, referring to their song, “Piece of my love” which provided the background music.

The male service members selected to go onstage could choose to sing, rap, dance, or improvise poetry or floetry to give En Vogue a ‘piece of their love’, the only caveat being that it had to be appropriate and not involve physical contact.

Maj. James Galluzzo, brigade personnel with the 3rd Sustainment Brigade, 103rd Sustainment Command (Expeditionary) and a Salem, N.H., native, was one of the male soldiers selected to perform.

“I didn’t have much of a voice left from singing along, and I’m not a great dancer, so I did some poetry off the cuff, kind of how you would call a cadence when you’re running in formation,” he said.

For effect, he removed his glasses and placed his safety belt around Ellis like a lei. While all the performances were entertaining and showed the diverse and surprising talents of the service members, Galluzzo’s performance drew the biggest reaction from the audience.

“The audience saw me up there and what I did didn’t match the image of what they were expecting from me,” he said.

Most of the audience was likely unaware

of Galluzzo’s long experience doing community theater back in the States which has made him comfortable with being onstage.

“This brigade and this command are very open to allowing soldiers to be creative and individuals and allowing us to add that individual spirit to the greater organization,” he said.

Despite the setback of losing a band member and only being at half-strength, En Vogue put on a great show, encouraging everyone in the audience to engage with them and not be passive listeners. En Vogue entertained everyone, whether longtime fans since the height of the band’s popularity in the ‘90’s or those new to their music.

Spin class inspires Soldiers to work harder

STORY BY
SGT. BRIAN LEE
220TH TRANSPORTATION COMPANY

CONTINGENCY OPERATING BASE

SPEICHER, Iraq— Soldiers with the 220th Transportation Company, 394th Combat Sustainment Support Battalion, 3rd Sustainment Brigade, 103rd Sustainment Command (Expeditionary) have found a great way to burn off those unwanted pounds before they gear up to go home.

Contingency Operating Base Speicher offers an intense spinning class that Soldiers use in addition to the company physical training program.

Spinning is a group bike riding class with multiple bikes lined up inside COB Speicher's main gym. Participants ride with the lights down and music up. The instructor motivates everyone by calling out commands.

"Using the spinning program, it helps our weight control Soldiers meet their height and weight standards by attending," explained Sgt. Justin Morales, physical fitness instructor for the 220th Trans. Co., 394th CSSB, and a Watervliet, N.Y., native. "It also offers a specialized way to stay in shape when the regular PT [Physical Training] program is not enough."

Morales added that it offers a host of

benefits including a better aerobic workout, healthy weight loss, and stronger legs, arms and back muscles. It is a great calorie burner; some say they average between 500 and 1,000 calories between the 60 and 90-minute workouts that are offered.

Many of the 220th Trans. Co. Soldiers are finding that the spinning class is motivating them to stay in shape, better than any other program or options offered on COB Speicher.

"I do it for myself; it motivates you not to give up," said Spc. Allen Alvarez, a Soldier with the 220th Trans. Co., 394th CSSB, and a Bronx, N.Y. native. "It gives me a full body workout with pushups and crunches while staying on the bike."

COB Speicher's fitness instructor encourages and motivates the Soldiers to push themselves, and anyone who attends will find spinning to be a vigorous workout. Sandra Torres-Martinez, a civilian contractor and spinning instructor, and a Fayetteville, N.C., native, has been teaching the spin class for a year. She started because she wanted to lose a few pounds and now has such a following that people are lining up 45 minutes early to get a bike.

"One of my great success stories is one of an individual who needed to meet their Body Mass Index, and in two months he lost 58 pounds, blowing away his initial goal," she said.

Sgt. 1st Class Jessica Cifuentes, unit supply sergeant with the 220th Trans. Co., 394th CSSB, and a Bridgeport, Conn.,



U.S. Army photo by Staff Sgt. Constance A. Oberg.

Sgt. 1st Class Jessica Cifuentes, unit supply sergeant with the 220th Transportation Company, 394th Combat Sustainment Support Battalion, 3rd Sustainment Brigade, 103rd Sustainment Command (Expeditionary), and a Bridgeport, Conn., native listens for the next set of instructions during spin class that is held every evening for Soldiers and civilians.

native, has been going to spin class for two weeks.

"I find that it gives me more energy to do my job," she said. "It works out my entire body: arms, legs, shoulders and abs. The up tempo beat makes Soldiers connect, bringing unit cohesion to the 220th [Trans. Co.]."

Spinning is just another simple workout

plan made hip by using motivating music, and a high energy atmosphere. Soldiers can choose their own goals for each session. Some choose to maintain a high intensity workout while others just come for fun and to socialize with each other.

"Because of the music and the instructor, we all feel like we are having fun and dancing on the bike," Alvarez said.

Soldiers, civilians compete in Saber Soccer Cup

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

JOINT BASE BALAD, Iraq

The Soldiers of the 289th Quartermaster Company, 13th Combat Sustainment Support Battalion, 3rd Sustainment Brigade, 103rd Sustainment Command (Expeditionary), held the Saber Soccer Cup Jan. 29 at Joint Base Balad for their Soldiers and the workers at the Container Repair Yard and the Fixed Mobile Redistribution Team yard.

Out of the six teams competing for the top prize, only one contained American Soldiers. The rest of the teams were comprised of Iraqis, Hondurans and Panamanians.

"I have Iraqis, [third country nationals] and Soldiers who all play soccer in their downtime, and so does the CRY," said Staff Sgt. Valarie Lockridge, NCOIC of the MRT yard at JBB for the 289th QM Co., an Inverness, Fla., native and the organizer for the day's event. "So, I thought it would be a good idea to get everyone together and put our skills to the test."

Staff Sgt. Jose Martinez, noncommissioned officer in charge of the CRY at JBB, Iraq for the 289th QM Co., and a native of Del Rio, Texas, said the day was a great opportunity for the workers and Soldiers to get outside of their normal roles and use the day to have a little fun.



Staff Sgt. Jose Martinez, noncommissioned officer in charge of the container repair yard at Joint Base Balad, Iraq for the 289th Quartermaster Company, 13th Combat Sustainment Support Battalion, 3rd Sustainment Brigade, 103rd Sustainment Command (Expeditionary), and a native of Del Rio, Texas, gives safety instructions to the Soldiers of the 289th QM Co., and the Iraqi, Honduran, and Panamanian workers who were participating in the Saber Soccer Cup Jan. 28 at Joint Base Balad, Iraq.

"We wanted to include the Iraqis and the TCNs in our [Morale, Welfare, and Recreation] event so we could all have a little bit of fun and build some camaraderie," said Martinez. "It is important to build up morale and show [the workers] that we care, too. We wanted to build some teamwork in our yards between us and the workers."

Lockridge added that it was great that the workers were allowed to participate in the day's events.

"Whenever we have our fun events, we usually can't allow them to participate because of all the extra things that come along with security," she said. "We wanted to include them because we're a family. We all work hard together, so we should play hard together."

Both Lockridge and Martinez said they hope that this event and future events like their Saber Soccer Cup will help build cohesion among their workers and Soldiers.

"We really hope this will help out our personal relationships between us and the workers," said Martinez.

Lockridge echoed his thoughts by saying that although they are all here for a mission, downtime and some fun is equally important.

The Iraqi team from the CRY came in first, followed by the Iraqi team from the MRT yard. After the tournament, the Soldiers and workers were treated to lunch while they visited with one another at the MRT yard.

Battalion holds Commanders Cup at JBB

STORY BY
1ST LT. DEREK JONES

13TH COMBAT SUSTAINMENT SUPPORT BATTALION

JOINT BASE BALAD, Iraq— Jan. 22 was a day of rest and recuperation for many of the Soldiers in the 13th Combat Sustainment Support Battalion, 3rd Sustainment Brigade, 103rd Sustainment Command (Expeditionary).

The missions were completed, but company commanders were authorized to operate with minimal manning due to the day's activities.

Headquarters and headquarters company for the 13th CSSB hosted a Battalion Commander's Cup, in which Soldiers were able to compete in various events, including dodgeball, volleyball and five-on-five basketball tournaments, as well as a High Mobility Multi Wheeled Vehicle push and 4X400m relay. Capping it all off was a mystery event that allowed Soldiers to cheer on their company commander and first sergeant.

Although the primary focus of the day was to promote camaraderie and esprit de corps among the Soldiers within the 13th CSSB, it was also a day for bragging rights. The competitions were single elimination, so to lose meant the shedding of a little blood, sweat, and tears. The Soldiers competing had a blast doing just that.

Soldiers who wanted to relax could play horseshoes, dominoes, or enjoy a nice friendly hand of spades. However, many Soldiers took it upon themselves to cut some mean dance moves while attempting many variations of 'The Electric Slide'.

In fact, there was so much fun going on down at Holt Stadium that the unit received a few distinguished visitors throughout the course of the day. Command Sgt. Maj. Clifton Johnson, command sgt. major and senior enlisted advisor of the 3rd Sus. Bde., and a Lima, Ohio, native, an avid sports enthusiast, stopped by to enjoy a few of the games. The Soldiers also got the opportunity to be served lunch by Brig. Gen. Mark Corson, commanding general of the 103rd ESC, and a Maryville, Mo., native.

The day's events ended in a very close race with a tie for first place. The tie breaker was the dizzy bat 100m race for first place.



U.S. Army photo by Capt. Joshua O'Neill

Sgt. Raphael Dawson (LEFT), automated logistics specialist with the 289th Quartermaster Company, 13th Combat Sustainment Support Battalion, 3rd Sustainment Brigade, 103rd Sustainment Command (Expeditionary) and a Monroe, La., native, shoots over 1st Lt. Khoran Lee (RIGHT), a Soldier with the 298th SMC, 13th CSSB, and a Baltimore, Md., native, during early round action in the basketball tournament portion of the Commanders Cup Challenge.

PSD from page 1

"I could finish their sentences. I know everything about them. Family members, you name it. It made me a lot more mature."

The team became so close that when the brigade, redesignated as the 3rd Sustainment Brigade, prepared to deploy to Q-West, Iraq in 2007, none of them hesitated to again volunteer for the PSD.

"The support was there. We already knew what made each individual happy, [and] what makes them sad," Garwood explained. "The gelling of the team was already there."

He added that he and his buddies helped mentally prepare the new PSD members.

"They were quick learners. Whatever they asked, whatever we thought they needed to know, we put it out there," he said. "I let them know how serious it is. We gave them the reassurance that no matter what, we're going to get you. No matter what happens, we're here. The rest of it is training."

That training paid off when the team was hit with an improvised explosive device while traveling to another forward operating base. The IED knocked Garwood, now assigned as first gunner, completely unconscious. When he came to and looked into his Mine Resistant Armor Protected Vehicle, all he could see was smoke, so he left the turret hatch, and looked for the radio.

"I thought it was on fire. I didn't know

what was going on," he said. "I picked up the mic and I said to the whole convoy, 'IED, IED! We just got hit!'"

He then found that his driver and TC were still alive. The driver managed to keep the MRAP on the road and stayed with the convoy until they got to safety.

"It could have been a lot worse. He caught on real fast," said Garwood. "He saved our lives that night. Nobody panicked."

It is this teamwork and discipline that keeps Garwood, who received the Purple Heart after that incident, coming back to the PSD. Although he said he performs his logistics job proudly in the United States, he loves the camaraderie of the PSD.

"When I'm in the States, I work in the warehouse," he said. "You don't get half the teamwork, the bonding, the brotherhood checking parts every day. You don't get that from working in an office every day. [In the PSD], everybody's together, working for the same goals."

Today, Garwood is the only person from his original team on the 3rd Sus. Bde. PSD team. The rest of them either permanently changed stations, their time of service were over, or were medically retired. However, Garwood still maintains the same sense of teamwork with his new team. He ensures the team is trained and taken care of.

"Overall, the team has benefitted from his

experience," Johnson said.

Staff Sgt. Jonathan Denton, PSD operations noncommissioned officer with the 3rd Sus. Bde, and a Rolling Meadows, Ill., native, noted that he was one of the people who benefitted from Garwood's experience.

"Because I came from recruiting, I have a lot of operational sense, and he has a lot of tactical sense. We actually worked together well," he explained. "I would give him a lot of the bigger scope stuff, and he would teach me on some of the smaller scope things. We learned from each other."

He added that those lessons learned came into play the day the team was hit with simultaneous IED blasts earlier in the deployment.

"He talked to a lot of the younger guys, especially me being 29 years old, and some of these guys being 21 years old and it being the first time some of us had been outside the wire," Denton said. "He talked them through the situation so they could kind of adapt to what's going on."

The incident brought back some memories for Garwood.

"Even now that I'm back here traveling the same roads, it gets to me sometimes. Things are a lot quieter, but it's the same roads, same routes, same everything. It brings back a lot of memories. You never forget stuff like that. You never forget where they happened or how they happened."

He added that staying in touch with his former teammates from OIF III helps him to get through the tougher situations both at home and in the deployed environment.

"They're the only ones who really understand," he said.

In fact, he plans to visit Santos once he goes on leave this month. Aside from spending time with his old friend, he also plans to present him with a signed flag that's been flying over JBB for the past two months.

There were some highpoints for Garwood during OIF III. He met his wife, whom he was deployed with at the time. They were married two years ago, and now have a daughter. Although she is no longer in the Army, he said she supports him staying in if he chooses to do so.

He admitted, however, that she and his parents, who still live in Orlando, Fla., do worry about him continually joining the PSD. Knowing this, he calls them regularly to let them know he's okay.

"Communication is a lot better now than it was in the early days," he said. "I don't go into details, but I will let them know that I'm okay."

He also admitted that although they worry, he can't say he will stay away from the PSD if the opportunity is offered again.

"I'm good at it," he said. "It's what I do."

Safety officer applies civilian career skills in Iraq

STORY BY
STAFF SGT. ERIC CALLAGHER
749TH CSSB

CONTINGENCY OPERATING BASE

ADDER, Iraq— A safety officer with the 749th Combat Sustainment Support Battalion, 224th Sustainment Brigade, 103rd Sustainment Command (Expeditionary), uses his civilian acquired skills to keep his Soldiers safe at Contingency Operating Base Adder, Iraq.

Capt. Bertrand Barton, safety officer with the 749th CSSB, 224th Sus. Bde., and a Shasta Lake, Calif., native, is a federally contracted security guard for the Bureau of Reclamation (Chenega Security & Protection Services) in Shasta Lake, Calif. Barton has worked as a safety sergeant with the CSPS security company since September 2007, and with the previous contractor, (Pinkerton Government Services) since August of 2002. He supervises security patrols and stationary security posts.

Barton's team of guards protect four major dams and a series of smaller dams and reservoirs, diversion tunnels, power plants, and associated infrastructure across a 100-mile radius in Northern California.

"I get really animated about safety issues, and I am constantly encouraging my fellow guards and supervisors to bring hazards to my attention so that I can eliminate or mitigate the unsafe condition or procedure down to a residual risk of low," Barton said.

Shasta Dam is an arch dam across the



US Army photo by 2nd Lt. Sheila Babot

LEFT TO RIGHT: Capt. Bertrand Barton, Safety Officer with the 749th Combat Sustainment Support Battalion, 224th Sustainment Brigade, 103rd Sustainment Command (Expeditionary), and a native of Los Angeles, Calif., briefs Sgt. 1st Class Kamini Delbarba, supply sergeant with the 749th Combat Support Sustainment Battalion, 224th Sust. Bde., and a native of Austin, Texas; Sgt. Jon McNichols, Readiness noncommissioned officer with the 749th Combat Sustainment Support Battalion, and 1st Sgt. Ken Baker, 749th Combat Sustainment Support Battalion, Feb. 1, at Contingency Operating Base Adder, Iraq.

Sacramento River in northern California at the north end of the Sacramento Valley. The dam mainly serves long-term water storage and flood control in its reservoir, Shasta Lake, and also generates hydroelectric power.

Barton has been promoting safety awareness and preventing accidents for many

years. He also writes a quarterly safety newsletter.

"He is very passionate about safety," said Capt. Stacy Jelks, commander of the 15th Transportation Company, 749th CSSB, and a Bloomingdale, Ill., native.

The make-up of CSPC is very similar to that of the Army, which at one point held

most of the Army security contracts in the eastern U.S. CSPC has modeled itself after the Army in many respects. For instance, their physical agility test every year comes right out of field manual 21-20, and they carry the M9 Beretta. Most of CSPC's leadership has had prior service in the Army as senior enlisted or officers.

Soldiers achieve perfect scores in APFT at JBB

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

JOINT BASE BALAD, Iraq— The Army Physical Fitness Test, most commonly referred to as the APFT, is required twice a year for Army Soldiers.

This test includes pushups, sit-ups, and a two-mile run. Each event is timed, and Soldiers are given points depending on how well they perform on each event.

The Army minimum is 60 points in each event, resulting in a minimum of a 180-point total, with the optimal goal being 90 points in each event, resulting in a total of 270 points, and the honor of wearing the Army Physical Fitness Badge.

During their deployment to Joint Base Balad, Iraq, the 289th Quartermaster Company, 13th Combat Sustainment Support Battalion, 3rd Sustainment Brigade, 103rd Sustainment Command (Expeditionary) awarded eight Soldiers with the APFT Badge. Of those eight Soldiers, four scored a perfect 300 on their Army Physical Fitness Test.

Lt. Col. Anthony Bohn, the commander of the 13th CSSB, and Command Sgt. Maj. Stanley Richards, command sgt. maj. and senior enlisted advisor of the 13th CSSB, presented the badges, along with an Army Achievement Medals for those who scored more than 290. Those who scored between 270 to 290 were awarded with a Certificate of Achievement.

The Soldiers who received the APFT badge are Capt. Anjeanette Lawson, the 289th company commander and Charleston, N.C., native; 1st Lt. Samuel Malone, company executive officer and a Omaha, Neb., native; Sgt. 1st Class Tammie Jones, an Alabama native; Sgt. Shaun Jepson, a Folsom, Calif. native; Spc. Christopher Soto, a Killeen, Texas, native; Spc. Juan Duran, a Modest, Calif. native; Spc. Vannah Wilson, a Haslet, Texas, native; and Spc. Shemeka



Sgt. Shawn Jepsen (LEFT), Soldier of the 289th Quartermaster Company, 13th Combat Sustainment Support Battalion, 3rd Sustainment Brigade, 103rd Sustainment Command (Expeditionary), and a native of Folsom, Calif., receives an Army Achievement Medal from Lt. Col. Anthony Bohn (MIDDLE), commander of the 13th CSSB, 3rd Sus. Bde. at Joint Base Balad, Iraq.

Cunningham, a Valley, Ala., native.

The 289th Qm. Co. conducts physical training with a focus on all three areas of the APFT, but sometimes regular physical training sessions are not enough to get the APFT Badge level. A lot of Sabers spend their down time in the gym, whether to improve their APFT score or to reach other goals they have in mind.

Spc. Shawn Jepsen scored 300 points on his APFT, but currently he is training to reach other personal fitness goals,

such as reaching a combination maximum weight of 1,000 pounds in the squat, dead lift and bench exercises.

"The reason I am training for this is because I made a personal goal in which I wanted to gain 20-30 lbs of muscle mass," said Jepsen.

Every month the Circuit Gym on Balad holds a contest to see who can reach the 1,000 lb. mark. Jepsen who only weighs 170 lbs., has a rigorous workout routine set up, and is very close to reaching his goal.

Dave Roever speaks to Join

*‘When you get hurt,
how are you going to deal with it?’*

-Dave Roever



TOP & BOTTOM: Dave Roever, who was severely burned by a grenade in Vietnam, gave a motivational speech to service members Feb. 2 at Provider Chapel, Joint Base Balad, Iraq. Roever's courage in dealing with his physical limitations and his strong faith have inspired millions, including the multitude at JBB that heard his story.



STORY AND PHOTOS
SPC. ZANE CRAIG
EXPEDITIONARY TIMES STAFF

JOINT BASE BALAD, Iraq— “I am a happy man. If wealth is measured in happiness, I’m the richest man in the world,” said Dave Roever, a Vietnam veteran who sustained burns over half his body and severe disfigurement when a sniper shot a grenade he was holding during an operation in 1969.

Roever spoke to dozens of service members and civilians Feb. 2 at Provider Chapel, Joint Base Balad, Iraq, using his life as an example of a humans ability to recover physically and mentally from a catastrophic injury.

Roever inspired the audience by explaining how he received his injuries, recovered, and went on to make it his life’s mission to help others who endured serious injuries fighting for our country.

“When you get hurt, how are you going to deal with it?” he asked, referring to either physical or mental injury. “Your response to that question will determine your success in life.”

Roever began by saying that he did not seek out glory in battle. He joined the Navy to avoid being drafted into the Army where he perceived the greater danger lie. While he was not an anti-war protester, he was in college studying for the ministry and felt no desire to fight in a war.

Serving as a riverboat gunner on the elite Black Water Brown Beret in Vietnam in 1969, Roever lifted a white phosphorous grenade just as a Viet Cong sniper

nt Base Balad on resilience

*‘With the injuries I received,
I kind of feel like I gave one life’*

-Dave Roever

had him in his sights. The sniper shot the grenade, which exploded in Roever’s hand, coating half his body in super-heated white phosphorous.

Roever spent fourteen months recovering in hospitals in Vietnam and Japan before being able to return to his teenage wife in the U.S. His injuries were so severe, his family received notification of his death.

A newlywed when he went to Vietnam, Roever promised his wife that he would return without a scar.

“That was the only promise I made to her I didn’t keep and she forgave me,” he said.

“Forty-three years later, we’re still married,” he added, his voice dropping to a whisper.

Roever’s speech alternated between outpourings of sentimentality and anecdotes from his religious ministry to service members in which he witnessed gruesome injuries and deaths.

“I’m going to get emotional, and don’t you dare judge me,” he said.

“I will never apologize for my tears,” he said.

He added that bottling up his emotions during Vietnam and not allowing himself to cry when he felt the need made him angry and ultimately more vulnerable.

Roever reminded the audience that the Army considers spiritual fitness to be one of the five pillars of resiliency, and for him, the foundation of all the others. Ministry is an important part of his mission and is a clear influence even in his revival of speaking.

After returning to the U.S., Roever met Air Force General Robbie Reisner, who spent seven years as a “guest” at the Hanoi Hilton with John McCain, who became a friend and mentor.

“Young man, when you’ve suffered for America, don’t you love her so much more?” asked Reisner when he met Roever for the first time. This deep love of our nation permeates every part of his speech.

“With the injuries I received, I kind of feel like I gave one life,” he said.

Those injuries are indeed extensive and described in graphic detail during the speech. His hair, right ear and much of his face is reconstructed and the ear is actually removable, leading to comedic situations such as his ability to literally play the piano by ear.

Despite, or perhaps because of, the great sacrifices he made to defend our freedom, Roever greatly appreciates the efforts and sacrifices of service members here at JBB.

“Last night my grandbaby slept all night without fear because she knew she was safe because you are making the difference,” he told the audience.

After the hour-long speech, Roever met individually with anyone who wanted the opportunity in the Chapel Annex.

“I saw him 25 years ago when he came to speak at my Junior High,” said Staff Sgt. Troy Graeve, a mortarman with the 1st platoon, 21st Infantry Battalion, 2nd Advanced Assistance Brigade, 25th Infantry Division, and a Tucson, Ariz. Native.

“He was my inspiration to join the Army. His speech just warms my heart. It’s such an inspiration to see him again, kind of makes [it] a full circle,” he said.

Roever has inspired millions of people with his motivational speeches and ministries. He continues to help wounded veterans achieve great things through his two nonprofit organizations, Roever Educational Assistance Program, and Eagle’s Summit Ranch.

With all his achievements, powerful friends, and the generation of Americans he has inspired, Roever remains humble:

“Anything I do in my life can’t be attributed to me, but to God.”



TOP & BOTTOM: After the speech, service members and civilians shook hands with Dave Roever, and gave thanks or discussed stories of their own.



Service members graduate equal opportunity leader course

STORY AND PHOTO BY
SGT. 1ST CLASS KERRY GERBER
3RD SUSTAINMENT BRIGADE

JOINT BASE BALAD, Iraq— “To be an effective equal opportunity leader, you need to be fair, impartial, objective,” said Col. Shawn Morrissey, commander of the 3rd Sustainment Brigade, 103rd Sustainment Command (Expeditionary), and a Boston, Mass., native, when he addressed the equal opportunity course graduates Jan. 29 at Joint Base Balad, Iraq.

He spoke passionately to a graduation audience of 22 Soldiers and one Sailor, who were all charged to ‘Be Change Makers,’ an EOL motto.

The students spent the previous six days receiving instruction that not only challenged their understanding of Army Regulation 600-20, The Army Command Policy, but also who they are as people.

“I now understand that being an EOL is not about investigating, but educating,” said Staff Sgt. Earnest Simpson II, Ammo Storage Section Chief for the 8th Ordnance Detachment, 749th Combat Service Support Battalion, 224th Sustainment Brigade, 103rd ESC, and a Woodbridge, N.J., native.

Simpson was voted by the class as the Most Valuable Player.

Simpson and Petty Officer 1st Class



Col. Shawn Morrissey (RIGHT), commander of the 3rd Sustainment Brigade, 103rd Sustainment Command (Expeditionary), and a Boston, Mass., native, addresses the 23 service members who graduated from the equal opportunity leaders Course Jan. 29 at Joint Base Balad, Iraq.

Fredica Johnson, a Shreveport, La., native, who work for the Iraqi Training and Assist Mission under the United States Forces-Iraq, recommend attending the course.

The graduation marks the fifth time Sgt. 1st Class Talisha Brown, equal opportunity advisor for the 3rd Sus. Bde., 103rd ESC,

a Baton Rouge, La., native, has taught the EOL course. To date, more than 120 military members have attended the 60-hour course at JBB.

Brown will have one more opportunity in March to instruct the course before she redeploys. Service members interested in

attending the course should contact their unit EOL.

“This is just good for you as a person,” Morrissey said during his speech. “One of our mottos in the brigade is, ‘Row well and live.’ We’re all here for the good of the ship. It’s about team approach.”

Traveling Journey, transition of Army combat uniforms

STORY BY
SPC. DANIELLE LAGUNAS-VALLES
749TH CSSB

CONTINGENCY OPERATING BASE ADDER, Iraq— Transitioning from one place to another - especially when you are going across the world, is difficult... even as an American Soldier.

American Soldiers who deploy and have to be displaced from their lives back home, require an amazing amount of resilience - especially into a country like Iraq.

The Soldiers of the 749th Combat Sustainment Support Battalion, 224th Sustainment

Brigade, 103rd Sustainment Command (Expeditionary), are feeling the differences in their lives as they become accustomed to being deployed. The 749th CSSB arrived at Contingency Operating Base Adder, Iraq, in December. Having been in and out of the field since July 2010, the Soldiers of the 749th CSSB say they are very happy to be closer to the countdown for redeployment.

Many Soldiers of the 749th CSSB are on their first deployment, their first time out of the U.S., and for some, this is their first time out of California. The positives for the Soldiers on their first deployment include resources like AT&T call centers where you can call home using a calling card, and a resiliency center that provides Skype capabilities, unlimited Internet, pool tables,

massage chairs, a ping pong table, foosball, movie room, video game room, candy, free supplies (e.g. envelopes, deodorant, soap, etc.), and a helpful staff including therapists and counselors.

“The Soldiers are already making the best out of being here on deployment by bringing everyone together with barbecues and games,” said Staff Sgt. Rogelio Dumpit, supply sergeant with the 749th CSSB, 224th Sus. Bde., a Fairfield, Calif., native, and a veteran of Operation Iraqi Freedom 2003.

“They are adapting to their environment quickly and coming together to make a great team,” Dumpit said.

Soldiers have even been making their own fun by hanging out together in the evenings barbecuing hamburgers, steaks,

and hotdogs. Along with the variety of food available, a few of the Soldiers tried their luck at some poker, Uno, or the classic card games of Speed and Spades, all while jamming out to music from an iPod. The 749th CSSB Soldiers are all about community and enjoying each other’s company to help keep each other in good spirits during the deployment.

“In our time working together, we have become like a family,” said Spc. Maria Aquilizan, supply section armorer with the 749th CSSB, and a San Leandro, Calif., native who is on her first deployment. “More than just a unit of people who work together and no matter where we go, when this is over, we know we can count on each other here and when we get back home.”

Ziggurat provides historical experience for Soldiers

STORY BY
SGT. LORRAINE SIAN
2ND DET., 8TH ORDNANCE COMPANY

CONTINGENCY OPERATING BASE ADDER, Iraq— Soldiers with the 2nd Detachment, 8th Ordnance Company, 749th Combat Sustainment Support Battalion, 224th Sustainment Brigade, 103rd Sustainment Command (Expeditionary), visited the historical Ziggurat of Ur recently near Contingency Operating Base Adder, Iraq.

The Soldiers had the opportunity to listen to the historical background of the Ziggurat with a local national tour guide and explore the city of Ur Kasdim - just outside the Ziggurat.

The Ziggurat of Ur is located near the city of Nasiriyah, Iraq. It was built during the 21st Century B.C. The massive step pyramid measures 210 feet long, 150 feet wide, and over 100 feet high. The height is speculative; only the foundations of the Ziggurat have survived.

“I think it was a great experience to be able to see historical features while in Iraq. This is one of the reasons why being in the Army is great, I get to travel and see the world,” said Pfc. Keith Gonzalez, an ammunition specialist with the 2nd Det., 8th Ord. Co., 749th CSSB, and an Oxnard, Calif., native.

The touring Soldiers were also accompanied by the chaplains of the 749th Combat Sustainment Support Battalion, 224th Sust. Bde., and the departing battalion, the 110th CSSB, 224th Sust. Bde. A passage was read

by 1st Lt. Dana Durham, chaplain with the 749th CSSB, and a Texas, native, from the book of Genesis in “The Bible” to emphasize the importance of Nasiriyah and the holy grounds that surround COB Adder. It was mentioned that the city surrounding the Ziggurat was the birthplace of patriarch Abraham. Ancient bricks stamped with cuneiform symbols can also be seen

throughout the site.

“I enjoyed the opportunity to see the Ziggurat up close instead of seeing it from afar,” said Sgt. Titiana Whitaker, ammunition sergeant with the 2nd Det., 8th Ord. Co., 794th CSSB, and a Brooklyn, N.Y., native.

“It was an once-in-a-lifetime opportunity to visit, and I can share this with my children in the future.”



LEARN THE DRAWDOWN

The 840th Transportation Battalion is hosting Integrated Booking System/Container Management Module Training 8 a.m. to 12 p.m. every Sunday at the battalion headquarters, 7119 Eagle Dr. (near bus stop #62) at Joint Base Balad.

You will need to make reservations for the class by calling 318-483-4241.

Support teams provide inspections for convoy vehicles

STORY AND PHOTO BY
CW2 JOHNNIE HARVEY
632ND MAINTENANCE COMPANY

CONTINGENCY OPERATING BASE ADDER, Iraq—

Soldiers with the 632nd Maintenance Company, 749th Combat Sustainment Support Battalion, 224th Sustainment Brigade, 103rd Sustainment Command (Expeditionary), Maintenance Support Team provide theater maintenance support on Mine Resistant Ambush Protected vehicles for convoys moving through United States Division-South Jan. 21 at Contingency Operating Base Adder, Iraq.

The 632nd Maint. Co.'s MST provides support for all types of vehicles moving through USD-S, returning them to a fully mission capable status often times in four hours or less.

Sgt. 1st Class Jason Kozak, MST non-commissioned officer-in-charge with the 632nd Maint. Co., and a Jacksonville, Fla., native, and Staff Sgt. Lorenzo Moody, shop foreman with the 632nd Maint. Co., and a Woodbridge, Va., native, identified the deadline deficiency of the MRAP and coordinated with the Supply Service Activity yard to requisition the right parts needed to complete the repairs. Their relationship forged with the yard, team work and skills of these Army mechanics got the vehicle returned to fully mission-capable status in less than four hours. The contribution of the MST to the overall mission success in Iraq keeps vehicles on the road in optimal running condition and gets them back on the road in a timely manner; helping supplies,

equipment, and convoy security escorts to be operationally capable which contributes to troop safety on the roads.

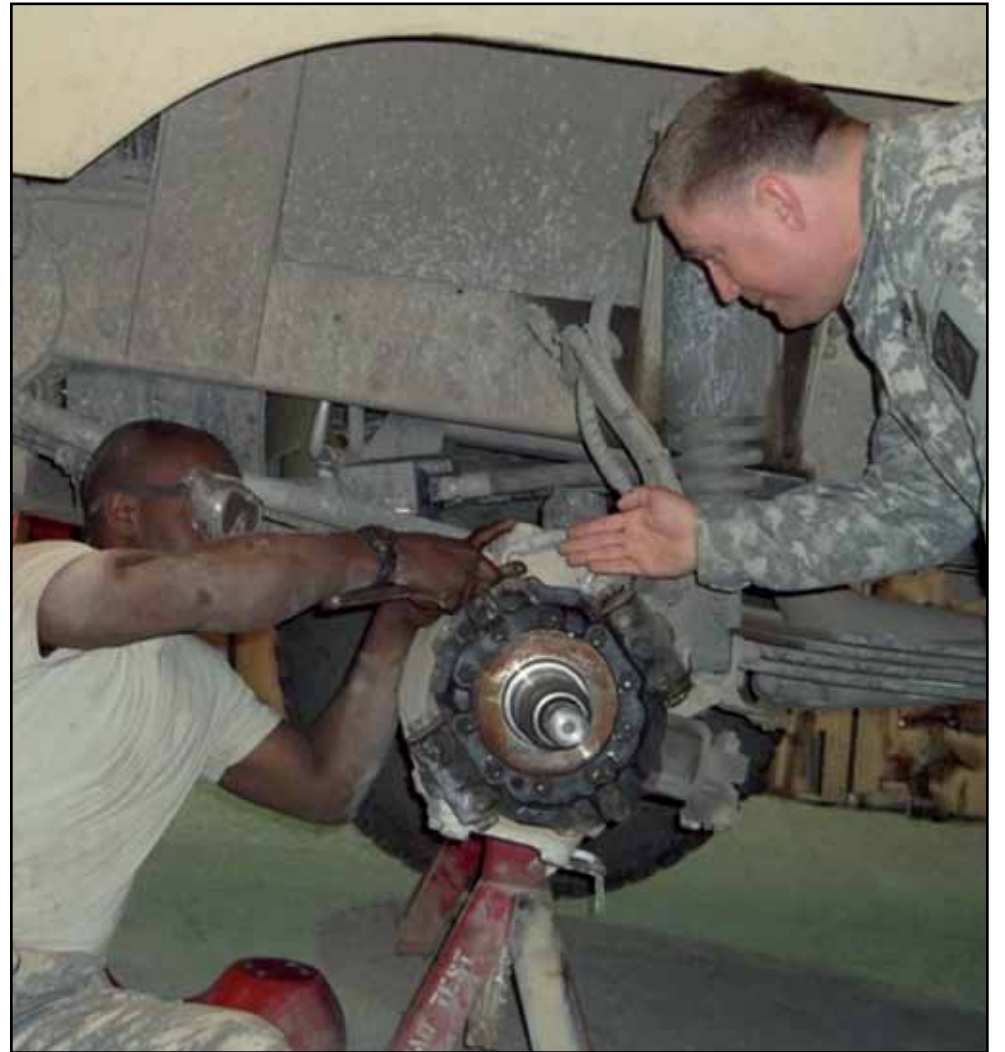
"I supervise as well as manage the different jobs coming in and out of the shop as well as track the different repairs on vehicles and make sure my Soldiers have all the proper tools and parts that are needed to complete the mission," Kozak said. "Another part of my job is to monitor the health and welfare of the Soldiers in this shop to help ensure that they have good morale."

Moody described his role in the mission, to help repair incoming vehicles.

"I provide my Soldiers with the technical knowledge and support they need to complete the mission," Moody said. "I am there for them when they have questions about things and are unsure about how to go about fixing a vehicle. It is also my job to make sure they have all the parts and the proper tools they need to accomplish the mission in the fastest and safest time line possible."

Spc. Keith Smith, track vehicle mechanic with the 632nd Maint. Co., and a Brooklyn, N.Y., native also shares his positive experiences with his unit.

"The best part of my job is seeing trucks roll out better than they came in," said Smith. "Working with my battle buddies motivates me to do what is needed to accomplish the mission. I learn a lot from my battles buddies, and I also share what I know with them to make us a stronger team. All maintenance issues are handled in the same manner even if it is something that requires little or no effort. My leadership provides me with the tools needed to perform my duties. They ensure that I do my job to standard and follow safety guidelines to prevent any accidents."



Spc. Keith Smith (LEFT), track vehicle mechanic with the 632nd Maintenance Company, 749th Combat Sustainment Support Battalion, 224th Sustainment Brigade, 103rd Sustainment Command (Expeditionary), and a Brooklyn, N.Y., native, and Sgt. 1st Class Jason Kozak (RIGHT), maintenance support team non-commissioned officer-in-charge with the 632nd Maint. Co., 749th CSSB, and a Jacksonville, Fla., native, performs a technical inspection and troubleshooting procedures on a Mine Resistant Ambush Protected vehicle axle for a convoy escort team Jan. 17 at Contingency Operating Base Adder, Iraq.

Transporters prepare Soldiers for redeployment

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

JOINT BASE BALAD, Iraq— When the 840th Transportation Battalion, 595th Transportation Brigade, Surface Distribution and Deployment Command, 1st Theater Support Command, holds its quarterly redeployment transition team brief, it is always a packed house, said Sgt. 1st Class Derek LaMothe, noncommissioned officer-in-charge of distribution and deployment support teams for the 840th Trans. Bn., 595th Trans. Bn., and a native of New Orleans, La.

"We always have a nice little crowd," said LaMothe. "There were 10 to 15 people that even had to leave."

More than 100 service members from more than 60 different units on Joint Base Balad showed up for the first of four quarterly RTT briefings of 2011, held Jan. 28. The briefing is an important aspect of the redeployment process, said LaMothe.

The RTT brief brings together five elements of the redeployment process. It consists of the Coast Guard, who handles the regulated waste materials that will be shipped back to the states; customs officers, who check all cargo; the 14th Movement Control Battalion, who move the equipment; the 402nd Army Field Support Brigade, who owns all of the equipment that doesn't leave theater; and the 840th Trans. Bn., who handles all other equipment needs of the units.

"It educates and gives all units that plan on redeploying



Staff Sgt. Ryan Debiew, noncommissioned officer in charge of the redeployment support team for the 840th Transportation Company, 595th Transportation Brigade, Surface Distribution and Deployment Command, 1st Theater Support Command, and a native of New Orleans, La., briefs Soldiers at Joint Base Balad, Iraq during the redeployment transition team brief Jan. 28 at Joint Base Balad, Iraq.

in the next 120 days all of the documentation needed and the timelines in which to redeploy equipment," he said. "We want to be able to give people the whole package at once."

Only units who are 120 days out from redeployment are

required to attend the brief, but often units show up that are much further out, he continued.

"They're contacting us before we contact them," he said, "because everyone wants to go home."



All about mobile phones

SGT. 1ST CLASS RAY CALEF
EXPEDITIONARY TIMES STAFF



They have become such a part of our lives, that vehicles are integrating their usage into available packages. They are seemingly everywhere, not just at home, but yes, even here in Iraq, to a much lesser degree. They are intricately woven into our daily lives. I am of course talking about mobile, or cell phones.

I remember my first Iraq deployment in 2005, I was so excited to get a new cell phone that I ordered it and had it sent here so I could have it ready when I rotated state-side. Just to have it here was comforting. And, just like last time, I will be purchasing a new cell phone when I get back, and I am just as excited about it as I was in 2005.

It is interesting to do some research on the history of cell/mobile phones. The first official cell phone was used by the Swedish police in 1946. They made it functional by connecting a hand-held phone to the central telephone network. It was very similar to the two-way radio phone that was used in cars/taxis for portable communication.

Rising from this type of communication technology, the evolution of modern cellular phones began in 1947, with the communication architecture of Hexagonal Cells, which was created for cell phones by D. H. Ring, of Bell Labs. An engineer from Bell Labs discovered cell towers which had the capability to not only transmit but to also receive the signals in three different directions. Before this discovery, the cell phones only worked in two directions and through an antenna.

Mobile phones that are used today utilize components made in the 1960's. The technology was available, but cell areas, or base stations, were the only way to utilize the phones. If you traveled out of a particular area, the user wouldn't get signal or receive transmitted messages. Sound familiar?

Eventually technology allowed the passing of a call from one base to another, allowing a call to "roam" from area to area. It wasn't until 1971 however, that the first request for cellular service came about, when ATT submitted a request for service to the Federal Communications Commission. It took nearly a decade, but in 1982, frequencies of 824 to 894 MHz Band to the Advanced Mobile Phone Services were made possible, and cell service was analog until 1990, when AMPS went digital and online.

Motorola was the first company to introduce a portable cell phone, called DynaTAC 8000X. This phone was in development for 15 years prior to being made available to the public, and was considered to be lightweight at 28 ounces. Imagine walking around today with a cell phone that weighed nearly two pounds! It was over 13 inches long and over 3 inches wide. This was considered cutting edge technology.

Most early cell phones were utilized by vehicles, and actually called car phones. Bag phones, shaped like tote bags, were very popular at the time, which was toward the late 1980's. These were hooked up to the battery of the car through the DC outlet. Other models came in the form of briefcases. This was for large batteries that were needed just in case the user had to make emergency calls.

These phones were considered first generation cell phones. Next week I will take a look at 2G and 3G phones and their networks, as well as look ahead to see what is in store for the future.

Correction

In the Feb. 2 issue, the story "Strong Women at War"; Spc. Takia Andrews and Spc. Racurica York are not in the 512 Quartermaster Company, they are both in the 289th Quartermaster Company, 13th Combat Sustainment Support Battalion, 3rd Sustainment Brigade, 103rd Sustainment Command (Expeditionary).

If you are interested in submitting a correction, a story or photograph of your own, please e-mail us at escpao@iraq.centcom.mil.

Word on the Street

How do you stay involved with your children while deployed?



"Some of the things I have done to stay involved in my children's lives while I am deployed are calling them on a regular basis. I always send them cards and letters, and I have done the 'Read a book' to your child through the USO."

Spc. Shawn Mullen, a supply specialist with the 394th Combat Sustainment Support Battalion, 3rd Sustainment Brigade, 103rd Sustainment Command (Expeditionary) and an Altoona, Iowa, native.



"To stay involved in my son's life, I stay active in his home work. My twelve year old isn't doing so great in school with language arts. In an attempt to ensure that I am well versed in the subject matter, I took on the task of teaching the GT improvement course on Contingency Operating Base Speicher."

1st Lt. Christl Kroeten, supply officer-in-charge for the 394th Combat Sustainment Support Battalion, 3rd Sustainment Brigade, 103rd Sustainment Command (Expeditionary) and a Lincoln, Neb., native.



"A few good ways to stay involved in my six month old daughter's life while I am deployed, is when I call my wife puts me on speaker phone so my daughter will recognize my voice. I also send e-mails and write letters weekly."

Capt. John Stenson, deputy supply & services officer for the 394th Combat Sustainment Support Battalion, 3rd Sustainment Brigade, 103rd Sustainment Command (Expeditionary) and a Glens Falls, NY., native.

THEATER PERSPECTIVES

“We all have to adhere to democracy and not abandon it, and we must take care of the citizens and their problems and sufferings.”

-Kurdish lawmaker Fouad Massoum stated, expressing solidarity and sympathy Thursday with the Egyptian anti-government protests that have shaken the Arab world.

“Today, Iraq has the most-inclusive government in their nation’s history, and the security environment is the best it has been since 2003.”

-The commander of U.S. forces in Iraq, General Lloyd Austin, says Iraq is building on an increasingly stable foundation.

“Our ideal for Iraq is that it becomes a stable, pluralistic society that enjoys a genuinely representative government, maintains a self-sustaining economy, and cooperates with the United States and other like-minded nations to resist aggression and terrorism.”

-Senator Richard Lugar, ranking Republican for the Senate Foreign Relations Committee

“[Iraqi’s] can - and did - vote for their representatives in truly competitive elections on the provincial and national level. Despite continued violence and hardship, they live, work and speak in ways that would have been unimaginable under Saddam Hussein’s rule.”

-The New York Times Baghdad Bureau Chief, Steven L. Myers, candidly responds to questions from readers on what he has seen during his time in Iraq.

“The Iraqi people and all their free nationalist forces, including the Iraqi National Congress, stand to the sight of the sisterly Arab peoples in their struggle to achieve freedom, rights and emancipation from oppression, tyranny and poverty, and to build genuine democratic systems, respecting their peoples and acting for serving their homelands.”

-The Iraqi National Congress said in a statement, and reported by Aswat al-Iraq news agency.

COMPREHENSIVE SOLDIER FITNESS

An Army of balanced, healthy, self-confident Soldiers, Families and Army civilians whose resilience and total fitness enables them to thrive in an era of high operational tempo and persistent conflict, by developing a holistic fitness program in order to enhance performance and build resilience.

(Comprehensive Soldier Fitness website, <http://www.army.mil/csf/>)

Physical

Performing and excelling in physical activities that require aerobic fitness, endurance, strength, healthy body composition and flexibility derived through exercise, nutrition and training.

Emotional

Approaching life’s challenges in a positive, optimistic way by demonstrating self control, stamina and good character with your choices.

Social

Developing and maintaining trusted, valued relationships and friendships that are personally fulfilling and foster good communication including a comfortable exchange of ideas, views, and experiences.

Spiritual

Strengthening a set of beliefs, principles or values that sustain a person beyond family, institutional, and societal sources.

Family

Being part of a family unit that is safe, supportive and loving, and provides the resources needed for all members to live in a healthy and secure environment.



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

Level: Easy

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

TEST YOUR KNOWLEDGE ANIMAL TRIVIA

1. What was the first bird to become domesticated??
2. How many eggs will an average hen lay in a year?
3. What animal has rectangular pupils?
4. How many glasses of milk does a cow produce in a lifetime?
5. What is the smallest bird?
6. A normal cow's stomach has how many compartments?
7. How much honey will an average worker bee produce in a single lifetime?

1. the goose 2. 22 3. a goat 4. 200,000 5. the hummingbird 6. 4 7. 1/12th of a teaspoon

JBB Worship Services

CONTEMPORARY

Sunday 10:30 a.m. Gilbert Memorial Chapel (H-6) **Sunday** 8:30 a.m. Gilbert Memorial Chapel 11 a.m. Provider Chapel 12:30 pm. Air Force Provider Chapel

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

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

LUTHERAN (LCMS)

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 Feb. 9, 2011

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.

8-ball tourney: Sunday 8 p.m.

Open Court Volleyball: Sunday 6 p.m.

Aerobics: Mon., Wed., 5:30-6:30 a.m.

Yoga Class: Mon., Friday, 6-7 a.m.

Step Aerobics: Mon., Wed., 5:30 p.m.

Conditioning Training Class: Mon., Wed., 7:15-8 p.m.

Brazilian Jui-Jitsu: Mon., Wed., 8-9 p.m.

Abs-Aerobics: Tue., Thu., 6-7 a.m., 5-6 p.m.

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

Chess & Dominoes Tourney: Friday 8 p.m.

Salsa Class: Saturday 8:30 p.m.

Poker: Saturday 7:30 p.m.

8-ball tourney: Monday 8 p.m.

Karaoke: Monday 8 p.m.

Swing Class: Tuesday 8 p.m.

Table Tennis: Tuesday 8 p.m.

Plastic Models Club: Wednesday 7 p.m.

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

Poetry Night: Thursday 8 p.m.

6-ball tourney: Thursday 8 p.m.

Caribbean Night: Friday 8 p.m.

CC Cross Fit: Mon., Saturday 10:30 p.m.

Cross Fit: Mon., Wed., 8:30 p.m.

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.

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Saturday 8 p.m.

Sunday 8 p.m.

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

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

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

Spades: Tuesday 8:30 p.m.

Wednesday 8:30 p.m.

Thursday 8:30 p.m.

Salsa: Wednesday 8:30 p.m.

Game tourney: Thursday 1 p.m., 8 p.m.

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

Officer Poker: Saturday 1 p.m., 8 p.m.

Squat Competition: Saturday 8 p.m.

Darts: Saturday 8:30 p.m.

9-ball tourney: Sunday 8 p.m.

5 on 5 Basketball: Saturday 8 p.m.

Karaoke: Sun., Wed., 7:30pm

9-ball tourney: Monday 8 p.m.

Green Bean

6 on 6 volleyball tourney: Friday 8-10 p.m.

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

Mon., Wed., 7 p.m.

Tue., Thu., 8:30 p.m.

Fri., Sat., 7 p.m.

Sun., 1 p.m.

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Fri., Sat., 7 p.m.

Sun., 1 p.m.

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

Foosball tourney: Tuesday 2 a.m., 8:30 p.m.

Jam Session: Tuesday 7:30 p.m.

8-ball tourney: Wednesday 8 p.m.

Guitar Lessons: Thursday 7:30 p.m.

Game tourney: Thursday 1 p.m., 8 p.m.

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

Officer Poker: Saturday 1 p.m., 8 p.m.

Squat Competition: Saturday 8 p.m.

Darts: Saturday 8:30 p.m.

9-ball tourney: Sunday 8 p.m.

5 on 5 Basketball: Saturday 8 p.m.

Karaoke: Sun., Wed., 7:30pm

9-ball tourney: Monday 8 p.m.

Green Bean

6 on 6 volleyball tourney: Friday 8-10 p.m.

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

Mon., Wed., 7 p.m.

Tue., Thu., 8:30 p.m.

Fri., Sat., 7 p.m.

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Mon., Wed., 7 p.m.

Thu., 7

ARTS & ENTERTAINMENT

'The Sports Lounge': Super Bowl XLV

BY SGT. 1ST CLASS RAY CALEF
EXPEDITIONARY TIMES STAFF



By the time most of you read this, the Super Bowl will be over and a new National Football League Champion crowned. This game is the culmination of the NFL's 91st season. If you don't know about the history of this game it's interesting to take a look back at its origins and what it has evolved from.

The American Football League began play as a rival to the NFL in 1960, and after a number of years of bitter and intense wars for players and fans, talk of a merger between the two leagues was in the air. As part of the merger agreement, the "AFL-NFL World Championship Game" was created, which would begin at the conclusion of the 1966 season.

A common story behind the name of the Super Bowl is that one of the AFL's founders and Kansas City Chiefs owner Lamar Hunt, during the discussion to iron out the details of the merger, had jokingly referred to the proposed inter league championship as the "Super Bowl". Hunt said

he coined the term in the late 1960s after watching his kids play with a Super Ball, the creation of toy manufacturer Wham-O. The small, round ball is currently on display at the Pro Football Hall of Fame.

The first Super Bowl, played January 15, 1967, was a matchup of the current NFL power at the time, the Green Bay Packers and the Kansas City Chiefs. Some interesting facts about the game: It was televised by both NBC and CBS, the rival networks who covered both leagues at the time, and was played in Los Angeles at the Memorial Coliseum, which had a capacity of over 90,000. Only a little over 61,000 filled the stands that day to watch the Packers dominate the Chiefs, 35-10.

Another interesting fact about the first Super Bowl was who scored the first touchdown. 34 year-old Max McGee, a journeyman with over a decade in the NFL, made a one-handed catch of a Bart Starr pass, the first of six total catches made by McGee that day. Nothing out of the normal there except for the fact that McGee was second string, and was so sure he would not play that he went out the night before the game to the Sunset Strip and proceeded to stay out all night; later he said he played the game with an awful hangover.

He was pressed into action when Boyd Dowler separated his shoulder early on.

Since those days the game has taken on a life of its own, and is regularly the most watched television event of the year. 106 million viewers watched last year's Super Bowl between the Indianapolis Colts and New Orleans Saints.

This year's game looks to be a great matchup on paper. As of this writing the Packers are 2.5 point favorites. I've thought a lot about this game; it really is a close, even matchup. Both defenses are tough, and both have play-makers. Ben Roethlisberger and the Steelers have won two Super Bowls since 2005. They have the big-game experience. But the Packers have Aaron Rodgers, a hot quarterback who is playing as well as anyone right now, and a pass defense that is first in the league in pass efficiency.

I expect a close battle that may well come down to the last possession. I see Aaron Rodgers leading the Pack to victory at the end, 28-24 and being named Super Bowl XLV Most Valuable Player.

But don't be surprised if it's the Steelers who win this game. Which could turn out to be the last NFL game for 2011, if the approaching lockout happens.

The Rite, movie that fits Anthony Hopkins' style

BY SPC. MATTHEW KEELER
EXPEDITIONARY TIMES STAFF



For those fans of the Exorcist, or dark religious movies, then this is the film for you.

The Rite follows a young man who leaves his father, and his life as a mortician, and goes to a seminary college to learn how to become a priest. What the audience learns is that the young priest has no faith in God, because there is no proof. And, until he can find proof, he will not become a fully graduated priest.

So one of his main ministers sends him to the Vatican to study as an exorcist, and finally get his proof.

It takes about 30 minutes worth of film time, before the audience is finally introduced to Anthony Hopkins. In this film, Hopkins is an exorcist who uses his own unorthodox methods to dispel demons from those possessed.

No matter what movie he is in, or how good his character could be, Hopkins will always be Hannibal Lecter to me. Even in this film where he is a priest, the ultimate symbol of good, he still has that darkness about him that is unnerving. As if the entire movie, I'm waiting for him to turn evil.

The young priest is taken under the wing of Hopkin's character and he gets to experience a number of different exorcisms. The young priest is given firsthand experience of fingers cracking, heads turning sideways, children speaking different languages, etc; but, still he cannot bring himself to believe that demons possess these children and not some form of psychosis.

The movie causes an individual to reflect. How far do we have to go before we believe what is directly in front of our faces? How many miles must we walk, before we are sure that a distance is that long? Belief and knowledge have become almost a burden on the world, because it festers a need to know how or why. Normally, we would be pleased

to know that something works because we believe it works.

As the movie progresses, the young priest is still in doubt about what he believes and what he can prove. Even when a young girl spits up a pair of nails, like those used in the crucifixion of Jesus Christ, does he still find himself doubting his faith. Without ruining the end for you, it's a battle he continues to fight the entire movie.

The best part of this movie are the scenes between Hopkins and the young priest. Everything from the atmosphere of the rooms that they occupy to the very nature of the moments displays this quasi father-son moment between the two characters that is interesting the entire movie.

Of course, just like any good Hopkins film there is violence, and gore; but never too much of either of them to be a turn off or down right revolting. As Hopkins gets older, so do his characters seem to mature from the late Lecter.

The Rite is a dark and spooky movie that gets 5 out of 5. It's well worth watching Hopkins in every scene.

PVT MURPHY'S LAW



Wednesday February 9
5 p.m. Little Fockers(PG-13)
8 p.m. The Rite (PG-13)
Thursday February 10
5 p.m. Yogi Bear (PG)
8 p.m. The Rite (PG-13)
Friday February 11
6 p.m. The Chronicles of Narnia: The Voyage of the Dawn Treader (PG)
9 p.m. The Roommate (PG-13)(First Run)
Saturday February 12
2 p.m. How do you know (PG-13)
5 p.m. The Roommate (PG-13)(First Run)
8 p.m. The Chronicles of Narnia: The Voyage of the Dawn Treader (PG)
12 p.m. The Roommate(PG-13)(First Run)
Sunday February 13
2 p.m. The Roommate(PG-13)(First Run)
5 p.m. The Chronicles of Narnia: The Voyage of the Dawn Treader (PG)



U.S. Army photo by Capt. Joshua O'Neill

Spc. Christopher Soto (RUNNING LEFT), a Soldier with the 289th Quartermaster Company, 13 Combat Sustainment Support Battalion, 3rd Sustainment Brigade, 103rd Sustainment Command (Expeditionary), and a Killeen, Texas, native, and Sgt. Bruce Adams (RUNNING RIGHT), a soldier with the headquarters and headquarters company of the 13th CSSB, 3rd Sus. Bde., and a Pritchard, Ala., native, race to the finish line in the tie breaker event of the 13th CSSB Commanders Cup Challenge.



U.S. Army photo by Staff Sgt. Constance A. Oberg

Staff Sgt. Travis Hill, logistics noncommissioned officer-in-charge with the 394th Combat Sustainment Support Battalion, 3rd Sustainment Brigade, 103rd Expeditionary Sustainment Command, and a Fremont, Neb., native, takes advantage of the nice weather to train for the upcoming Provider Challenge which will be held in February. The 3rd Sustainment Brigade is sponsoring the event which will be hosted by the 394th CSSB on Contingency Operating Base Speicher, Iraq.



U.S. Army photo by Sgt. Gaelen Lowers

Iraqi workers from the container mobile redistribution team yard participate in the Saber Soccer Cup Jan. 28 at Joint Base Balad, Iraq.