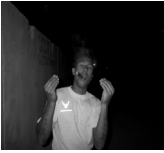


SHINDAND SENTINEL

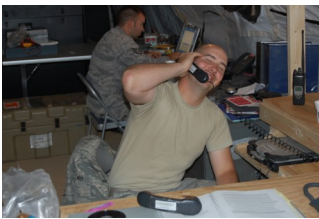


“FOR TODAY I DID NOT HAVE TO USE MY AK, AND THE DAY WAS GOOD”
— WARRIOR POET ICE CUBE

Volume 1, Issue 1

31 July 2010

Cheeks and Marty May lay editorial foundation



**Marty May, Asst Editor
Half Man, Half Wombat**

- by SSgt John McGuire: Editor in Chief

As I walked the rocky streets of FOB Shindand, I thought about ways I could help improve upon what already lay before me. Later that night as I pondered the cosmos like the philosophers of old, I realized what I could do to make this FOB legit. Enlisting the help of SSgt Martin Reginald Kensington May the VII, we began plans for what has become the first

ever bastion of editorial excellence and classified ads to hit this FOB. First. Ever. Stick that in your EPR pipe and smoke it suckas! So how will this enlighten your lives you may ask? We're bringing you 17 years of combined Active Duty experience including 6 hours of journalistic training to provide the latest on what's going on in the FOB, who's making headlines, where the poker action is (fake money of course), and how fantasy football and facebook have lead to a steady decline in productivity since 2006. Want to know what Airmen are doing around the local area? We've got you covered. Wondering what the DFAC is serving up for chow this week? We've got the

soup de jour on page 1. Are you curious about when your LAN drops are going to be installed? Call the Help Desk. We bring you everything you wanted to know and some things you didn't want to know in all it's 10 font, New Times Roman glory to give your eyes a low carb visual feast that will force your brain to go on an overweight profile. If it's news, it's here. If it ain't news, it's on MSNBC.



Cheeks rollin' hard

Afghani"stache" Contest in High Gear



With boots on the ground now at FOB Shindand, a directive from higher headquarters has been given to the members of the 444 ECS.

Get my dang e-mail and class -A phones up, and let's see who can grow the best stache. In a squadron where the phrase "You Won't" can force a man to chug Tabasco or a double spark, few are the men who have accepted this challenge, and the women even fewer. Several candi-

dates have emerged as the front-runner in this race, although one recently bowed out because his wife doesn't like it. The challenge is open to all though, and you have 6 months to get that upper lip shag carpet up to snuff.

Shindand DFAC Menu

- GOOD FOOD
- BAD FOOD
- ICE CREAM
- RIP IT'S
- APPLE SPARK
- BAD COFFEE
- GOOD COMPANY

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Shindand Sentinel



444 ECS Commander's Corner w/ Major Noland Greene

I am honored and proud to be here with 50 of the Air Force's finest Airmen standing up the Expeditionary Communications Squadron at Forward Operating Base (FOB) Shindand, Afghanistan. The work that has been done in setting up and delivering organic communications here has been phenomenal. This is the first time in combat communications history that AF communicators have been asked to deploy to a bare base environment to stand up Army networks. Our Airmen have fought through some unusual challenges and persevered to deliver robust, first class communications to joint U.S. forces serving and operating here. We have shown that the enemy doesn't stand a chance against the Airmen assigned with me who are getting it done "anytime, anywhere" in this fight against terrorism.

- Major Noland Greene, Commander 444 ECS

444 ECS 1st Sgt's Word's of Wisdom



Muscle, or should I say Nomads...you have done a phenomenal job building our compound "The Oasis"! From a gravel field to a fully functional communications site in about a week--Shintastic! You're not just setting up comm. either; you're manning the 50 Cal. at the front gate and riding "Stalker" patrols in efforts to keep the rat bastards at bay...sexy! Many of you are founding/authoring joint JEC and Network 56 counsels, and you're steaming forward in efforts to make life at FOB Shiniland just a little better—Right on! Morale is high; the gym and morale tents are coming along great too. If anyone has any ideas/inputs to make life better, please come see me. Keep doing what you're doing--I am proud to serve with you!

- MSgt Craig Colby, 1st Sgt 444 ECS

Airman of the week



SSgt William Mullins
Age: 25
Home Town: Atowah, TN
Favorite Quote: "Look at time not as an opposition but as an opportunity." Unknown
Favorite Pastime: Sports



SrA Nathan Joiner
Age: 23
Home Town: Lake City, FL
Favorite Quote: "Be like water" Bruce Lee
Favorite Pastime: Working on his car.

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Around the FOB

- Network 5/6 meetings on the 1st and 15th of each month at the Comm. Squadron.
- Junior Enlisted Council
- Top 3 meetings
- Congratulations to the following members of the 444 ECS Nomads for being recognized as top monthly performers!
 - Airman of the Month: SrA Joiner
 - NCO of the Month: SSgt Mullins
 - SNCO of the Month: MSgt Radke
 - CGO of the Month: 1Lt Besch
 - Outstanding Performer of the Month: Mickey Rigoulot



Sports with SSgt Marty May: Fantasy Football Edition

With the football season just over the horizon; we are already licking our chops, drooling over which fantasy players we are going to draft so our friends can hang their heads lower and lower in defeat.

There are obvious choices you want to make if you get first pick of the first round. (*cough Chris Johnson*cough). However, not everyone is lucky enough to be awarded such an easy choice. Fantasy Football is as much about the later rounds as it is the first. Here are some solid picks

you can make in the 4th 5th and 6th rounds to help ease the pain that ensued after getting stuck with a Hasselbeck or Sanchez at starting QB.

Wide Receivers are key each week to a slew of points. Some above average, yet underrated receivers go unnoticed until the later rounds. This is where you strike.

PICK ONE: Greg Jennings
Lets face it! If your name isn't Andre Johnson or Randy Moss, no one is thinking about

a receiver until the 4th round. Draft him here and you will not be disappointed.

PICK TWO: Percy Harvin

This kid has wheels and when he gets in the open field defenses start getting defenseless. Solid pick in the 5th.

PICK THREE: Dez Bryant

I know it hurts drafting a Cowboy, but with all of the talented receivers around him he will be open more times than not and Romo will notice.

Classified's

- Got some gear for sale?
- Looking to offload some excess baggage?
- Hit your friendly Shindand Sentinel staff up via e-mail to get it listed here. The Shindand Sentinel is not responsible for condition of items or details of sale. Buyer beware.
- ****No personal ads please. That's what facebook is for.****

ASK CHEEKS

Ladies and gentlemen, your prayers have been answered. The man with more knowledge than King Solomon and 24 hour access to google is here to answer each one of your questions provided they are interesting enough to warrant my attention.

- Curious to know the physics behind a curve ball?
- Ever wondered why chocolate chip cookie dough is the best ice cream ever?
- Do you know how to defend yourself in the event an American Bald Eagle attacks you? Three words: Grab, Confuse, Headlock.

See! I'm already giving out freebies! If any of the above questions or something else troubling your worrisome soul have kept you up at nights, then send me an e-mail at john.mcguire@afghan.swa.army.mil with "Ask Cheeks" in the subject line. I'll pick the best 3 for each issue or make up my own questions if I think they're better.



Ask Cheeks how he got so swole!

Mailbag - Tell us how awesome we are!

Dear Marty and Cheeks,
We love your paper, it is the best. Thank you for defending our country.
- Mikey, 3rd grade Johnson Elementary School

Dear Cheeks,
You are super hot. We love reading your column every month, so deep and insightful.
- Jessica Alba and Jessica Biel.

Dear Marty,
Don't draft me cuz I'm a career bust
- Vince Young, Quarterback, Tennessee Titans

Dear 444 ECS,
Stop hatin'.
- Bagram TCF and JNCC-A

Dear 444 ECS/Power Pro,
Please come fix our dirty power situation.
- 444 ECS/Tech Control

E-mail any comments with "Mail Bag" in subject line to
john.mcguire@afghan.swa.army.mil
martin.may@afghan.swa.army.mil