

## All-Star Cast of Comedians 'Stand Up for the Troops'

### With Free Military Downloads

**DALLAS – (November 25, 2009)** Singer-songwriter John Ondrasik's annual gift to military Families is playing it for laughs this year as "CD For the Troops III" offers a free compilation of comedy routines to Soldiers, Airmen, Sailors, Marines and their families.

"I'm proud to present the third edition of the 'CD for the Troops' project 'Stand Up For Troops,'" said Ondrasik. "This year we've gone for laughs with bits from world class comics; Chris Rock, Ray Romano, Jeff Foxworthy, Dana Carvey, Adam Sandler, Dennis Miller and more!"

As part of an ongoing partnership between the Grammy-nominated artist who goes by the stage name Five for Fighting, TriWest Healthcare Alliance, Aware Records and the Army & Air Force Exchange Service, all active duty military members and veterans with valid military identification can log on to [AAFES.com](http://AAFES.com) and download the comedy routines as well as an Ondrasik song from the award winning documentary "Brothers at War."

"This is the third time we've partnered with Mr. Ondrasik to provide a secure, global platform to share the tracks he has worked to freely provide to the military community," said AAFES' Chief of Staff Col. Virgil Williams. "The timing of this latest offering is really terrific as service members logging on to the Exchange Online Store to purchase a present for a loved one will be pleasantly surprised to find a gift earmarked just for them."

The complete track list of free songs available at <http://music.aafes.com/?> as part of "CD For the Troops III" are as follows:

1. Chris Rock – "The Big Piece of Chicken"
2. Dennis Miller – "The Week in Review"
3. Adam Sandler – "Lunch Lady Land"
4. Ray Romano – "Bachelor Party/Juice/Potato Chips"
5. Jeff Foxworthy – "Have Your Loved Ones Spayed or Neutered"
6. Dana Carvey – "Parenting"
7. Matt Iseman – "Dungeons and Dragons/Like a Good Neighbor"
8. Kevin Nealon – "Shut that Party Down"
9. Kevin James – "Greeting Cards"
10. John Ondrasik – "Brothers in Arms"

"I'd like to thank AAFES, TriWest Healthcare Alliance and Sony Manufacturing for being great partners in this endeavor," said Ondrasik. "I've also included my song 'Brothers in Arms' from the great documentary 'Brothers at War.' As always the CD for the Troops is a free download for military members at AAFES.com with 200,000 hard CDs shipped to troops overseas. Thanks to all the comedians who donated their talents to this compilation. Our troops and their Families are both the steel and the heart of our nation. The 'CD for the Troops' is a continuing thank you to those who protect our freedoms and secure the future of our children and grandchildren."

In addition to the free downloads, 200,000 CDs will be arriving at military bases, Armed Services YMCAs, USO Centers, Fisher Houses and other locations around the world.

"This compilation is a tribute to America's military families to thank them for their service," said TriWest President and CEO David J. McIntyre, Jr. "We are proud to continue our partnership on this project and are exceptionally grateful for John, the comedians and AAFES who are driven to thank our troops in memorable ways."

#### **About AAFES**

The Army & Air Force Exchange Service (AAFES) is a joint command of the U.S. Army and U.S. Air Force, and is directed by a Board of Directors who is responsible to the Secretaries of the Army and the Air Force through the Service Chiefs of Staff. AAFES has the dual mission of providing authorized patrons with articles of merchandise and services and of generating non-appropriated fund earnings as a supplemental source of funding for military Morale, Welfare and Recreation (MWR) programs. To find out more about AAFES' history and mission or to view recent press releases please visit our Web site at <http://www.aafes.com/pa/default.asp>.

#### **About John Ondrasik**

Five For Fighting is currently touring in support of the new release *SLICE* (Aware/Columbia), the platinum-selling artist's fifth studio album. Ondrasik's celebrated hit songs such as "Superman," "100 Years," "Chances," and "Freedom Never Cries" continue to endure in America's musical landscape, illuminating his ability to stand the test of time. [www.fiveforfighting.com](http://www.fiveforfighting.com).

#### **About TriWest Healthcare Alliance**

TriWest Healthcare Alliance partners with the Department of Defense to do "Whatever It Takes" to support the healthcare needs of 2.7 million members of America's military family. A Phoenix-based corporation, TriWest provides access to cost-effective, high-quality health care in the 21-state TRICARE West Region. Visit [www.triwest.com](http://www.triwest.com) for more information.

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#### **Media Notes:**

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