



The Expeditionary Times

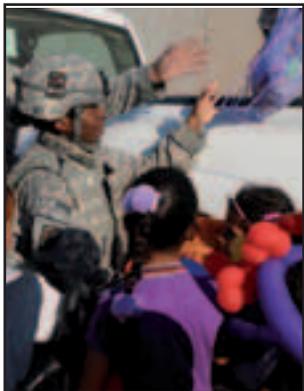
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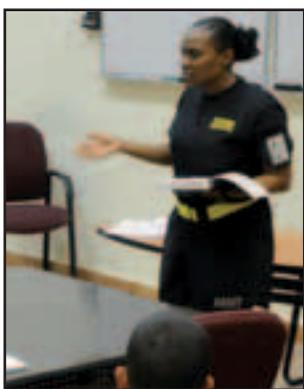
Flip-Flops



A 6th grade class donates sandals

Page 5

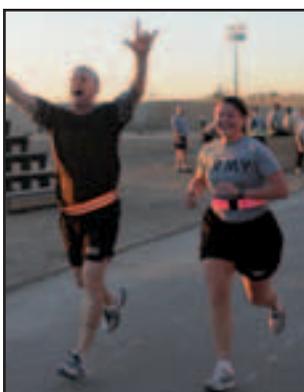
Teachers



Service members play dual role

Page 6

JAG 5K



Troops run in memory of fallen

Page 7



U.S. Army photo by Lee Craker, United States Forces-Iraq Public Affairs Office

Spc. Jehan Custodio Martinez, a supply clerk with the 1st Squadron, 6th Cavalry Regiment, receives a congratulatory hug from another service member after becoming a U.S. citizen. United States Forces-Iraq held a Naturalization Ceremony on Veterans Day in the Al Faw Palace at Camp Victory, Iraq, and 50 service members took the Oath of Allegiance to become U.S. citizens.

Citizenship: 'It's like being reborn'

STORY BY
SPC. ZANE CRAIG
EXPEDITIONARY TIMES STAFF

VICTORY BASE COMPLEX, Iraq— Fifty U.S. service members from 21 different countries became United States Citizens at the United States Forces-Iraq Naturalization Ceremony Nov. 11 in Al-Faw Palace at

Victory Base Complex, Iraq.

Gen. Lloyd J. Austin III, USF-I commander, presided over the Veterans' Day ceremony, the 18th naturalization ceremony held in Iraq. Since 2001, more than 64,000 service members have become citizens while serving in the U.S. mili-

tary.

"I feel like I'm officially part of the family now," said Spc. Michelle Canas, a supply clerk with the 110th Combat Services Support Battalion, 224th Sustainment Brigade, 103rd Sustainment Command (Expeditionary). Canas is originally from the Philippines but has lived in Georgia since 2004.

"I feel like it means a lot more to be naturalized while on deployment," added Canas. "It's like being reborn."

Each service member received an American flag, a certificate of citizenship and a prepaid phone card.

"I have been trying to become a citizen for a long time. I came to the U.S. in 1971 and have a total of 20 years of military service," said Sgt.

Roland Lefevre, a light vehicle mechanic with A Company, 199th Brigade Support Battalion, 224th Sust. Bde., 103rd ESC, and a Paris, France, native.

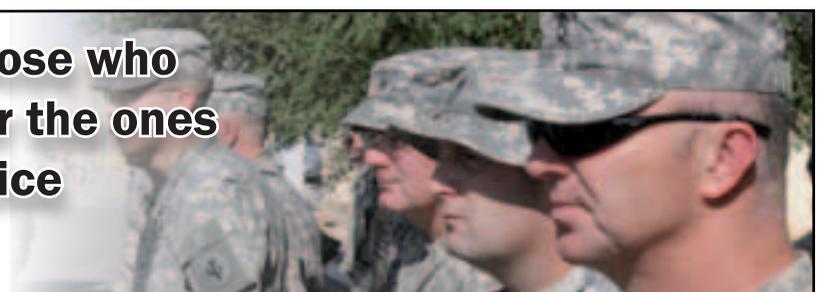
Five Soldiers with units under the 103rd ESC took the Oath of Citizenship: Canas; Lefevre; Sgt. Mallcom Rochelle with A Co. 199th BSB; Staff Sgt. Louis Greaves with the 110th Combat Sustainment Support Battalion, 224th Sust. Bde.; and Pfc. David Gomez with the 3rd Sustainment Brigade, 103rd ESC.

"You appreciate the opportunity that American citizenship provides, and you are eager to give back to the country through your service in the armed forces," said Austin.

"You have been given a gift and you are giving a gift in return," he added.

Veterans' Day is a time to honor those who serve their country, and to remember the ones who made the ultimate sacrifice

Page 8



Sensing your way to a better relationship

CAPT. CHARLENE CHENEY
TF 261 MULTIFUNCTIONAL MEDICAL BATTALION



Depending on the make and model of your vehicle, you have it serviced every 3,000 to 7,500 miles. During this time, the fluids are topped off and replenished, the oil is changed, and sometimes the tires are rotated and balanced. We strive to provide this type of vehicle maintenance every three to four months to ensure the safety and longevity of our automobiles.

Occasionally, because we live such busy lives, we are guilty of putting more time and effort into servicing and maintaining our vehicles than we intentionally put into sustaining and maintaining healthy relationships. Deployments are hard on relationships at home and at work. During deployments, relationships require more service and maintenance to ensure their health and longevity. One tool that you can use at work and at home to help you assess the areas that you need to work on to sustain a healthy relationship is a sensing session.

A sensing session, also known as relationship maintenance or family team building time, is a forum where two or more parties gather and truthfully express their feelings about the state of their relationship, home environment, or work environment. A sensing session does not magically solve issues that need to be worked on; however, they do help all parties become aware of issues that require attention and action in the relationship. If you are having a sensing session with your loved ones, it is important that all parties speak the truth in love. If you are having a sensing session at work, it is important that the truth is spoken professionally. This ensures that all parties can receive the truth in a loving and/or professional manner, which in turn creates an environment where all parties are more willing to work on implementing a plan of action to rectify what needs to be improved.

Sensing sessions can enhance both healthy relationships and relationships that need some work. The goal of the sensing session is to have all parties leave feeling like they have had a good "oil change for the soul." This means that all parties should feel inspired to stay committed to working on the relationship. Each person should leave feeling that his or her voice and needs have been respectfully heard in a safe and sacred space. Hopefully everyone should leave the meeting feeling a little more balanced, especially if they were feeling off-balance about the relationship before the meeting, and that their faith and hope has been renewed, replenished, and restored in the relationship. This "oil change for the soul" should help all parties journey through a relationship, more efficiently and effectively, until the next

time for a needed "oil change." Sensing sessions can be held as frequently or infrequently as all parties deem necessary. Deployed families are recommended at least one every three months. The three month mark is usually a time of transition and change. In a sensing session, you may discover that the things that worked most effectively and efficiently in the first three months of the relationship, are not very effective in the third through sixth month, or even the sixth month through ninth month, so on and so forth. A sensing session may help you identify this issue and chart a plan that works better to build healthy relationships.

Sensing sessions are not necessarily forums used to identify areas of weakness in relationships. They can also be used to identify and celebrate things that are going well and relationship milestones. They are an opportunity for everyone to analyze the relationship and say, "This is what is working for us in this relationship, and this is what is not working for us." Sensing sessions do not have to be painful or boring processes, they can be as effective and interesting as the participating parties decide to make them. A sensing session can be as simple as family members giving each other a report card, or grading each other on how well they feel certain important needs are being addressed and met, such as quality time, quality of communication, and specific things that are important to the well being and growth of your relationship. Once the grades are received, they can decide how the session needs to flow. If somebody made a "D" in an area, maybe the conversation can flow around why that person received a "D" in the first part of the sensing session. The second part of the sensing session can focus on helping that person get a "C" or better in that particular area for the next sensing session. The last part of the sensing session can focus on creating an accountability plan that helps all parties achieve their goal of producing their desired outcome. The desired goal would be receiving a "C" or better by the next sensing session.

Another way to have a sensing session is to supply each party a set of questions that pertains to the perceived parts of the relationship that need to be worked on. This ensures that everyone can reflect and formulate thoughtful answers before the actual meeting. This way, the actual session can be more meaningful with people speaking from their hearts, rather than speaking the first thing that comes to mind. It is also a way to have a proactive conversation instead of a reactive conversation. Keep in mind the goal of the sensing session is not to create perfection in the workplace or in your relationship. If that is your objective, you are doomed before you begin. The goal of sensing sessions is to create observable progress. The goal of the sensing session should not be getting the other party to say what you want to hear. It is to get all parties to honestly say what they are feeling and thinking about the home or work environment and relation-

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ship. A sensing session is not meant to coerce one party into compliance, but rather to persuade all parties to formulate a healthy compromise when an executive decision must be made (this may not work in job-related sensing sessions). A sensing session, when conducted correctly, should leave all parties feeling heard and respected. The work of the sensing session does not end when the session is over. The hard work of the sensing session begins when the session ends. After the data has been collected all parties then begin the process of creating and implementing changes that will sustain and/or build healthy and nurturing relationships.

Creating The Sacred Space

It is important that you create a sacred space during the sensing session. If participants don't feel that their thoughts and feelings are being respected, heard, and honored, the sensing session can easily become an arguing session. It is important that the information shared is used to work on building a better relationship vs. used as a weapon to hurt those participating. Enlist the aid of a chaplain, trusted and nonbiased friend, counselor, or actual mediator if you feel that a mediator might help keep the conversation solution-focused rather than complaint-focused. A mediator might also help all parties stay accountable for doing the necessary work needed to create, sustain, or maintain a healthy and happy relationship. There are many articles and formats on sensing sessions and relationship maintenance online. Check them out. They may give you creative ideas on how to format a sensing session that suits the needs of your relationship.

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: Debt collection regs

MAJ. ERIK VERHOEF
103RD ESC DEPUTY IG



Whether you use credit cards, owe money on a loan, or are paying off a mortgage, you are a “debtor.” Consumer debt can be used to make a Soldier’s life more comfortable, but comes with the responsibility to repay the debts promptly. Failure to do so damages your credit rating, and may affect your career.

Army Regulation 600-15 (Indebtedness of Military Personnel) describes Department of the Army policy, responsibilities, and procedures for handling debt claims against Soldiers.

The Army has no legal authority to force Soldiers to pay consumer debts. However, if a Soldier fails to resolve unpaid debts promptly or complaints of repeated failure to pay debts are received, AR 600-15 directs commanders to consider the following actions:

- (1) Making the failure a matter of personal record
- (2) Denial of reenlistment (enlisted personnel)
- (3) Administrative separation from service

- (4) Punishment under the Uniform Code of Military Justice (UCMJ) under article 92, 123, 133, or 134 of the UCMJ

AR 600-15, paragraph 2-1, lists the actions the commander must take upon receiving a debt complaint. Upon receipt of a debt complaint, the commander will review the case to ensure the creditor meets all the criteria listed in AR 600-15, paragraph 4-3. If so, the commander must notify the Soldier of the debt complaint; inform the Soldier of his or her legal rights and duties, including the right to free legal assistance; explain that failure to resolve unpaid debts may result in administrative or punitive actions; review all available facts including the Soldier’s defenses, rights and counterclaims; and help the Soldier in settling or liquidating the debt.

Your security rating may also be suspended if you have excessive debt, which may also affect your military occupational specialty (MOS) since many require security clearances.

Correction: It has come to our attention that the Five Finger shoes are no longer authorized in the Iraq Joint Operational Area. More on this as it becomes available.

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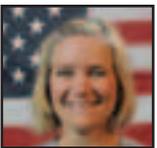
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Combat Stress: Actions speak louder than words

MAJ. LORIE FIKE
85TH COMBAT STRESS CONTROL



Last week we discussed verbal communication. As a review, verbal communication encompasses the words and phrases we use to send a message to another person. It is important to choose your words wisely; however, verbal communication is only a portion of the message that someone receives in a conversation. According to A. Barbour, author of “Louder Than Words: Nonverbal Communication,” the reception of a message is about 7% verbal, 38% vocal and 55% body movements. The statistics above make it abundantly clear that non-verbal communication is a critical piece in the communication puzzle. Today we are going to discuss the importance of non-verbal communication techniques in effective communication.

It is important to be aware of your non-verbal communication and understand what someone else interprets from the non-verbal cues you are providing. Non-verbal communication includes body language, posture, facial expressions, eye contact, tone of voice, touch, sounds, physical space, and gestures that individuals use when they are trying to relay

a message. Let’s explore messages someone might receive depending on the non-verbal message you send. If you cross your arms or have your hands on your hips, someone might think you are mad. Tapping your toe might indicate you are in a hurry or you are impatient. Facial expressions send very vivid messages. A smile can ease tension. A furled brow might signify confusion or anger. Rolling your eyes might indicate you do not agree or you do not like what another person said. Minimal or no eye contact could tell someone you are lying, you are not interested, or you don’t care. Too much eye contact, on the other hand, can be uncomfortable and can violate an individual’s personal space. Do you slump in your chair or have your shoulders rolled forward? Your posture may be sending a clear message that you are not confident or you are lazy. What tone of voice do you use? Are you conveying warmth, anger or confidence? The speed and volume of your voice also sends a message. If you speak very quickly, you might relay that you are nervous or in a hurry. Speaking quietly could suggest you are scared or unsure about what you are saying. Speaking loudly may indicate that you are mad, or people may perceive you as an attention-seeker.

Physical space between you and another person could also communicate a clear message. If someone gets too

close, you may feel violated, but if you stand too far away, it might imply that you do not trust the other person. Giving someone a pat on the back may relay that you are proud of him, whereas a tap on the head might relay you are annoyed with him. Gestures, such as waving, pointing, or motioning someone to you, are also forms of non-verbal communication. Sounds are also a form of non-verbal communication. You may be confused and think sounds should be verbal communication but to be classified as verbal communication the sound must form a word. Sounds can vary from clearing your throat, clucking, sighing deeply, or breathing in heavily.

Non-verbal communication is a vital part of effective communication. If you are unsure what messages you are non-verbally sending, ask someone or watch yourself in a mirror to see what others are seeing. Being aware of the non-verbal cues you display can help you ensure the message you want to send is the message another person is receiving. Determine what you want to bring to a conversation, and have insight about what you actually do bring to a conversation, good or bad.

The 85th CSC conducts a Communication Skills/Relationship Skills class every Thursday at 2:00 p.m. If you are interested in attending the class, please call 483-3385 to reserve a seat.

New NCOs inducted into Corps during ceremony

STORY AND PHOTO BY
SPC. MATTHEW KEELER
EXPEDITIONARY TIMES STAFF

JOINT BASE BALAD, Iraq— Whether it be promotion points, boards, personal conduct, or achievement, it’s hard to measure what it takes to join the Noncommissioned Officer Corps. Two chevrons for a corporal or three chevrons for a sergeant is not the only difference between the 46 Soldiers with the 3rd Sustainment Brigade, 103rd Sustainment Command (Expeditionary), who became NCOs during an NCO induction ceremony Oct. 30 at Joint Base Balad, Iraq.

This ceremony was special for two reasons for Sgt. Willie Bullard, Joint Node Network Satellite System Switching Operator noncommissioned officer-in-charge, and a Miami, Fla., native. Not only was he inducted into the core of NCOs, but his wife, Sgt. Schafon Griggs (Bullard), promotions NCOIC for the 3rd Sust. Bde., and a Passaic, N.J., native, became an NCO as well.

“It’s not all about you, its about being there for the

Soldiers and looking out for their best interest,” said Bullard.

As an NCO, Bullard and the other promoted Soldiers will be given charge of other Soldiers. Whether they are brand new Soldiers or specialists close to promotion; it will be the job of these new NCOs to teach and train these Soldiers to the best of their abilities.

“You are that buffer that interacts the most with Soldiers,” said Sgt. Kristina Koelzer, assistant communication security custodian with the 3rd Sust. Bde., and a Brooklyn, N.Y., native. Koelzner was the sponsor from her unit to offer support for Bullard.

“He still has a lot to learn, but he has a lot of potential for himself and for the Soldiers he leads,” she added.

As a sergeant, Koelzer knows of the trials that a young NCO has to face, and the struggles that Bullard and the other 45 new NCOs will also experience.

“This has truly been a day to remember in the lives of our newly inducted NCOs,” said Sgt. Jacqueline Goodwin, administrative assistant with the 3rd Sust. Bde., and a Smackover, Ark., native. “A special day that should inspire us to look even deeper into our ranks to coach, teach and mentor those too who one day will become a noncommissioned officer.”



Sgt. Kristina Koelzer, assistant communication security custodian with the 3rd Sustainment Brigade, 103rd Sustainment Command (Expeditionary), and a Brooklyn, N.Y., native, announces her support for Sgt. Willie Bullard, Joint Node Network Satellite System Switching operator noncommissioned officer-in-charge with the 3rd Sust. Bde., and a Miami, Fla., native, during an NCO induction ceremony Oct. 30 at Joint Base Balad, Iraq.



Soldiers with the 418th Medical Logistic Company, Task Force 261 Multifunctional Medical Battalion, Task Force 807 Medical Command, gather around their t-wall one last time after the transfer-of-authority ceremony Nov. 3 at Joint Base Balad, Iraq.

Ceremony marks beginning of new unit's mission

STORY AND PHOTO BY
SPC. MATTHEW KEELER
EXPEDITIONARY TIMES STAFF

JOINT BASE BALAD, Iraq— The 418th Medical Logistic Company, Task Force 261 Multifunctional Medical Battalion, Task Force 807 Medical Command, covered their unit's flag during a transfer-of-authority ceremony as the flag of the 551st Medical Logistic Company was unveiled.

"Good luck to the 551st; Medlog warriors lead the way, Hooah!" said Capt. Francisco Gumataotao, commander of the 418th MLC, and a Hagatma, Guam, native.

Since arriving in Iraq in November of 2009, Soldiers with the 418th MLC have performed missions that are normally

performed by two companies, said Gumataotao.

A normal MLC is in charge of supply support activity or repairing medical equipment, while another MLC would be in charge of receiving and distributing medical equipment in forward distribution teams. The 73 Soldiers with the 418th MLC performed both these missions when it normally would have taken approximately 160 soldiers, said Gumataotao.

Along with handling those two demanding missions, the 418th MLC also trained Iraqis in the basic use of medical equipment.

"We taught them about sterilization and how to use their equipment," said Spc. Tiffany English, a medical maintenance technician with the 418th MLC.

"They are very eager to learn and set up their own equipment," she said.

Along with their training mission, the 418th MLC trav-

elled to other forward operating bases to fix equipment that those bases could not repair on their own.

"I'm very proud of my Soldiers for...learning new things," said Gumataotao.

The most important fact is that the 418th MLC is returning with all of the Soldiers that they brought, and they never lost a line of supply during their tour, he said.

With the 551st MLC taking over, they have a lot to live up to.

"I feel very confident in Capt. Jacob Ramos and the 551st taking over," said Gumataotao. Capt. Jacob Ramos is the commander of the 551st MLC.

With their tour coming to a close, the Soldiers are beginning to look forward to going home and back to their lives.

"I am excited to go home and see my children," said English.

Transfer-of-authority brings challenges, opportunities

STORY AND PHOTO BY
1ST LT. GREGORY L. THOMAS
8TH ORDNANCE COMPANY

JOINT BASE BALAD, Iraq— The 8th Ordnance Company, 13th Combat Sustainment Support Battalion, 3rd Sustainment Brigade, 103rd Sustainment Command (Expeditionary), recently embarked on a mission to close down the Ammunition Supply Point at Joint Base Balad, Iraq, in an effort to support the responsible drawdown of U.S. Forces from Iraq.

The 8th Ord. Co. is one of eight ammunition companies in the Army. currently at JBB; the 2nd Platoon, 60th Ord. Co., has been retrograding and issuing ammunition prior to the unit's redeployment.

Once the 8th Ord. Co. put their boots on ground in late October, the company immediately began running on all cylinders. A 100-percent inventory of all ammunition inside the ASP had to be initiated in order for the new accountability officer, Chief Warrant Officer 3 Darrell Crim, a Fort Bragg, N.C., native, to assume responsibility.



First Sgt. Lashay White (left), senior enlisted leader of the 8th Ordnance Company, 13th Combat Sustainment Support Battalion, 3rd Sustainment Brigade, 103rd Sustainment Command (Expeditionary), and a Mobile, Ala., native, and Capt. Lacy Briscoe (right), commander of the 8th Ord. Co., and an Orum, Utah, native, uncased the company guidon during their transfer-of-authority ceremony Oct. 30 at Joint Base Balad, Iraq.

"It's a very tedious and tiresome process to endure, but it's a team effort from both companies," he said.

The company now faces the challenge of

opening and inventorying every container in the ASP while maintaining operations.

The outgoing and incoming companies' mission requires two ASPs to be operated in

two different locations in Iraq. To aid in the transition, the 60th Ord. Co. sent a platoon to Balad while the headquarters stayed in Tallil. One major change to the transition is that 8th Ord. Co. will bring its headquarters element to Balad and send a platoon to Tallil.

When the relief-in-place process began, the headquarters platoon was trained by the corresponding section assigned to the hosting company, while the ammunition platoon shadowed 2nd Platoon, 60th Ord. Co., at the ASP. Not only did cross training need to be completed between the companies, but also between 8th Ord. Co. and the 13th CSSB staff sections. Each section was introduced to their battalion counterpart and learned the battle rhythm of what is expected for reporting procedures and meetings.

Capt. Lacy Briscoe, an Orem, Utah, native, and 1st Sgt. LaShay White, a Mobile, Ala. native, officially celebrated the unit's transfer-of-authority Oct. 30 by unfurling their guidon and sounding off with "Fired up Super Bullets, fired up!"

As the responsible drawdown continues, all U.S. Forces will begin to close their operations, but for the 8th Ord. Co., the work will not cease until every round, projectile and explosive is returned and shipped out of the ASP.

November Iraqi Kids Day successful once again

STORY BY
SPC. ZANE CRAIG
EXPEDITIONARY TIMES STAFF

JOINT BASE BALAD, Iraq— More than 125 local children participated in Iraqi Kids Day Nov. 6 at the H6 Recreation Center at Joint Base Balad, Iraq. The children, bundled in layers of clothing in the shade of a cool autumn morning, formed orderly lines to march through the East Entry Control Point at JBB.

The children ranged in age from five to around twelve. Each child was assigned a mentor and enjoyed an array of activities such as soccer, dancing, coloring, beanbag toss, a small pool, videogames, and ping-pong.

“We want to make a safe and secure environment for the kids to come in and just be kids,” said Air Force Capt. Daniel Coleman, executive officer of the 332nd Expeditionary Medical Group, and the project officer for Iraqi Kids Day.

The response of volunteers was overwhelming; more than 250 service members volunteered, and more than 100 had to be turned away.

“This was kind of a way for me, and for many of the volunteers, to play with our own children vicariously,” said Coleman. “It’s a good way for service members at JBB to do something relaxing away from our military mission.”

Iraqi Kids Day began two years ago as a medical clinic for local children to receive basic medical care and safety lessons. It evolved over time into the event it is today, which is a fun and positive way to bring together Americans and Iraqis.



U.S. Army photo by Spc. Matthew Keeler

Soldiers and Airmen laugh and dance with local children during Iraqi Kids Day Nov. 6 at Joint Base Balad, Iraq. With dozens of volunteers, approximately 130 children were able to experience hours of fun activities, including soccer, dancing, coloring, beanbag toss, ping-pong and more.

“I think it’s an opportunity for change because if we interact with the children, then they can see our culture and we can see their culture,” said Chief Warrant Officer 2 Darlene Pittman, G1 plans and operations officer with the 103rd Sustainment Command (Expeditionary), a Helena, Ala., native, and a volunteer for the event.

The Iraqi children are “just like American

kids in a lot of ways,” said Spc. Michael Peruciel, assigned to 3rd Sustainment Brigade, 103rd ESC, and a Queens, N.Y., native.

Iraqi Kids Day has been held nearly every month since its inception, with the exception of the month of Ramadan.

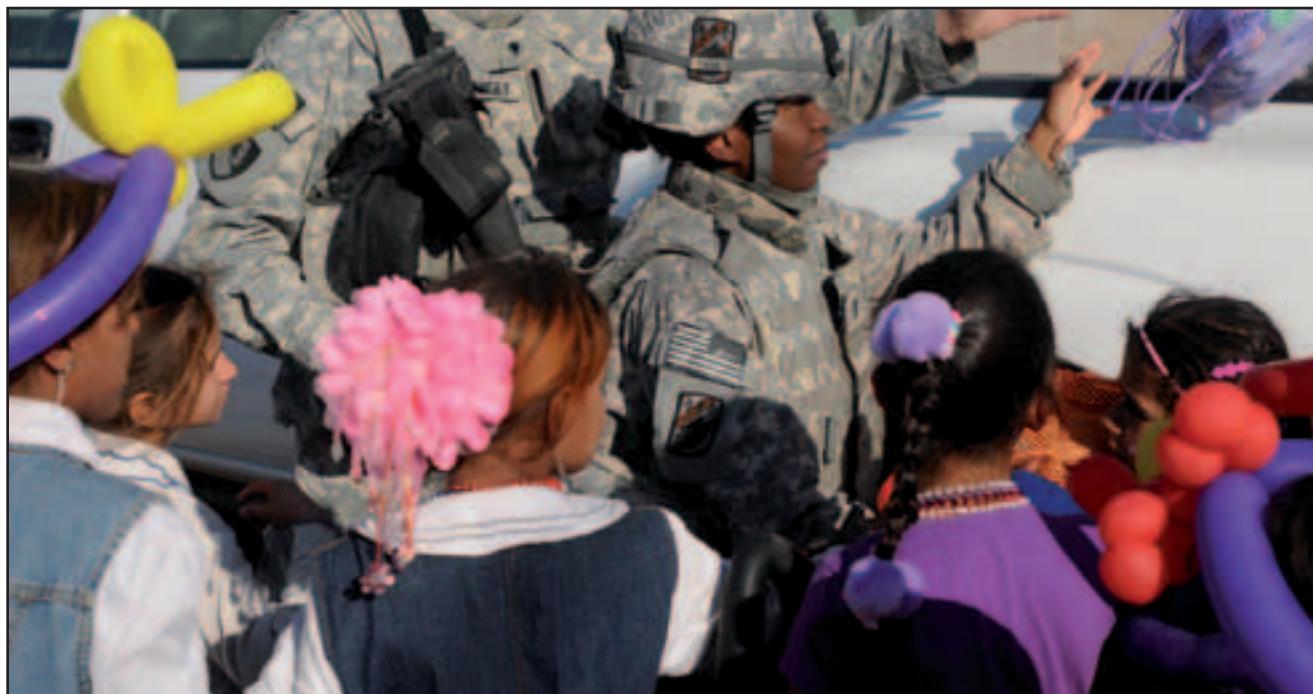
“I think it’s awesome; a little piece of home,” said Pittman. “Now I have a personal

connection with the people here. Everyone should volunteer at least once on their tour.”

Iraqi Kids Day offers service members at JBB a chance to interact with local children in a fun, safe environment while giving the future generation of Iraqis tangible, personal memories of the American presence here as U.S. Forces progress with the responsible drawdown.

Operation Flip-Flop connects American, Iraqi children

STORY BY
SPC. ZANE CRAIG
EXPEDITIONARY TIMES STAFF



U.S. Army photo by Spc. Matthew Keeler

First Lt. Liliane Delva, a postal officer with the 3rd Sustainment Brigade, 103rd Sustainment Command (Expeditionary), and a Miami, Fla., native, hands out backpacks full of toys to Iraqi children at the end of Iraqi Kids Day Nov. 6 at Joint Base Balad, Iraq. Approximately 130 local children and dozens of volunteers attended the event this month.

‘To us, it’s just a flip-flop, but to them it might be much more.’

JOINT BASE BALAD, Iraq— Excited, smiling children gathered around the back of a white pickup truck Nov. 6 near the East Entry Control Point at Joint Base Balad, Iraq, to receive a new pair of sandals from Spc. John Romansky, combat engineer with the 299th Multiple Role Bridge Company, 36th Engineering Brigade, and a Rochester, N.Y., native.

More than 500 pairs of sandals were donated by Laura Mayer’s 6th-grade class at Northwood Elementary in Rochester, N.Y., as part of “Operation Flip-Flop.”

“Operation Flip-Flop” began with a conversation on Skype between Romansky and his mother, Pat Romansky, a secretary at the school, talking about a mission he went on where he saw Iraqi children outdoors, barefoot, in the heat of the summer. His mother’s co-workers overheard the conversation and decided to take some action.

“To us, it’s just a flip-flop, but to them it might be much more,” said Romansky.

Romansky distributed more than 100 pairs of sandals at Iraqi Kids Day on Nov. 6, and the rest will be donated to an Iraqi orphanage by JBB’s Provider Chapel.

- Pat Romansky

Troops take preventative measures for flu season

STORY BY
1ST LT. LENA BERTRAND
108TH CAVALRY REGIMENT

CONTINGENCY OPERATING BASE

ADDER, Iraq— Soldiers with the Headquarters and Headquarters Troop, 2nd Squadron, 108th Cavalry Regiment, 224th Sustainment Brigade, 103rd Sustainment Command (Expeditionary), have been coming to the medical station at Contingency Operating Base Adder, Iraq, to get their shots for the upcoming flu season.

Since a majority of the medics of HHT, 2nd Sqdn., 108th Cav. Regt., are on convoy escort missions, the 224th Sust. Bde. medical team has taken on the task of immunizing the Soldiers.

"The most difficult part of this type of operation is to ensure that every Soldier receives their shot," said 1st Lt. Donna Lefort, medical officer and noncommissioned officer-in-charge with HHT, 2nd Sqdn., 108th Cav. Regt., and a Cut Off, La., native.

Lefort has been involved actively in tracking Soldiers who come to the medical clinic to receive the flu shot. She is a nation-



U.S. Army photo by 1st Lt. Donna Lefort

Sgt. Tammy Duffield, a food service specialist with the Headquarters and Headquarters Troop, 2nd Squadron, 108th Cavalry Regiment, 224th Sustainment Brigade, 103rd Sustainment Command (Expeditionary), and a Shreveport, La., native, receives her flu shot from Spc. Brian Tugmon, a medic with the 224th Sust. Bde., and a San Dimas, Calif., native, Oct. 4 at Contingency Operating Base Adder, Iraq.

ally registered emergency medical technician paramedic and the medical treatment platoon leader for her Louisiana National Guard unit. Lefort issues a daily report

of how many Soldiers have received their annual flu shot to each company to ensure that all Soldiers get their shot.

"It is a tedious process, but a necessary one," said Lefort. "It is important to get your flu shot because the flu is a widely contagious disease, and it is easily spread amongst Soldiers living in close quarters. Sometimes when Soldiers get the flu vaccination, they may experience symptoms such as fever, sore throat, chills, fatigue, cough, headache, and even muscle aches, but these symptoms should only last a few days after the shot. The Center for Disease Control advises that everyone six months of age and older get a flu vaccine to help prevent the spread of the [virus]."

This flu vaccine protects against three influenza viruses. Deployed and deploying Soldiers are among the priority groups to receive the flu vaccine, especially since the vaccine has endured a shortage in recent years. Flu vaccinations are normally mandatory for all service members.

"The influenza vaccine is essential for good medical readiness in any environment," said Sgt. AnnMarie Lopez, troop medical clinic NCOIC with the 224th Sust. Bde., and a Sacramento, Calif., native. "Immunized Soldiers will lose less work days if we ensure that every Soldier receives the shot."

Soldiers teach fellow Soldiers, both on and off duty

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

JOINT BASE BALAD, Iraq— During their daily lives, Soldiers are required to wear several different masks, depending on their situations. They wear the leader mask, the follower, the father/mother, the son/daughter, the warrior, and sometimes the teacher.

Such is the case for Soldiers assigned to the 3rd Sustainment Brigade, 103rd Sustainment Command (Expeditionary), as they take time out of their sometimes hectic schedules to teach other Soldiers college-level courses while deployed at Joint Base Balad, Iraq.

"I've always been interested in teaching," said Maj. James Galluzzo, the human resources section officer-in-charge with the 3rd Sust. Bde., and a Salem, N.H., native. This is Galluzzo's first semester teaching management courses through the University of Maryland University College here.

"Knowing that my time is going toward helping Soldiers pursue their higher learning goals is something that is important to me," he added.

Depending on the college, Soldiers are required to have an associate's, bachelor's or master's degree in the field they wish to teach. The Soldier then goes through an application process with the college of his or her choice. Once approved, the Soldier is given a list of courses that he or she is qualified to teach.

Many of the Soldiers taking those classes like that their peers and leaders from their units are also teachers for their classes. This fosters a deeper connection between the instructors and the students.

"They are going through the same hardships as we are out here," said Spc. Thomas Scruggs, promotions clerk and identification card clerk with the 3rd Sust. Bde., and a Fayetteville, N.C., native.

"They go through a full day of work just like us and then show up and teach us," he added. "It's easier to deal with the Soldier/teachers more so than the civilian ones because the Soldiers know what we are going through and can empathize with us."

Capt. Nick Paul, chief of operations with 3rd Sust. Bde., a Tinton Falls, N.J., native, and a second semester college mathematics instructor for UMUC, said that he would not feel as if he was fully doing his part if he did not help out the Soldiers who were looking for ways to improve themselves.

"I admire the Soldiers that say, 'Hey, I just put in a 12-hour shift, now I want to go learn and further my career,'" he said. "If there are guys out there willing and they just need the opportunity, then I wouldn't be doing everything I could do if I wasn't giving them that opportunity."

Paul said that he thinks that being in the same environment as other Soldiers, doing the things they do, helps him as a teacher because he understands the hardships and the stresses that come with missions and fatigue.

"I always tell them that if they are having problems, talk to me," he continued. "I know where they are coming from, I know what their days have been like and I think my expectations are on par for what mindset they may be in. I try not to overload them too much, and when I can, I let them out a little early. I understand that this is their free time too that they are sacrificing."

Many of the forward operating bases and camps in Iraq would not be able to offer any schooling whatsoever if not for the Soldier/teachers donating their time and energy, said Diana Lekaj, a UMUC field representative and a Kosovo native. She added that UMUC alone employs more than 10 military teachers.

"Their main motivation is helping other Soldiers," said Lekaj. "It works out quite well for us because we don't always have enough collegiate civilians to teach the courses. We're very limited. If it wasn't for them, some sites wouldn't be able to have on-site schooling. We wouldn't be able to offer anything to the Soldiers."

Galluzzo said that by teaching the younger Soldiers, teachers are not only providing them with a means to further their education, but also making the armed forces more effective.

"Who we are and why our military is so successful is because that junior Soldier on the ground can make a decision, and they make that decision based on experience and education," he said. "So by making Soldiers smarter, we make our force stronger and better."



Sgt. 1st Class Rhonda Lawson, the public affairs non-commissioned officer-in-charge with the 3rd Sustainment Brigade, 103rd Sustainment Command (Expeditionary), and a New Orleans native, responds to a question asked during her Organizational Communications lecture for University of Maryland University College Nov. 4 at Joint Base Balad, Iraq.



Master Sgt. Matthew Neumann, chief paralegal noncommissioned officer for the office of the Judge Advocate General Corps, 103rd Sustainment Command (Expeditionary), and a Des Moines, Iowa, native, speaks prior to the Jog For Justice 5K Run Nov. 7 at Joint Base Balad, Iraq. The JAG Corps coordinated the run in honor of Chief Warrant Officer 5 Sharon Swartworth and Sgt. Maj. Cornell Gilmore, two Soldiers with the JAG Corps, who were killed in action in 2003 in Tikrit, Iraq.

Service members run for two fallen heroes

STORY AND PHOTOS BY
SPC. MATTHEW KEELER
EXPEDITIONARY TIMES STAFF

JOINT BASE BALAD, Iraq— It was 48 degrees the morning of Nov. 6 as service members at Joint Base Balad, Iraq, gathered to honor fallen Soldiers in the Jog For Justice 5K Run sponsored by the office of the staff judge advocate of the 103rd Sustainment Command (Expeditionary).

Sgt. Maj. Cornell Gilmore, regimental sergeant major of the Judge Advocate General Corps, and a Stafford, Va., native, and Chief Warrant Officer 5 Sharon Swartworth, regimental warrant officer of the JAG Corps, and a Warwick, R.I., native, perished when their black hawk helicopter was shot down by enemy fire in 2003 in Tikrit, Iraq.

"Today we remember their ultimate sacrifice," said Master Sgt. Matthew Neumann, chief paralegal noncommissioned officer for the office of the JAG Corps, 103rd ESC, and a Des Moines, Iowa, native.

The run was planned by the JAG Corps to remember two Soldiers who had their own stories to tell.

"Swartworth counted her lucky stars on September 11, 2001," said Neumann. "The

jetliner that struck the Pentagon came to rest next to the office she had moved from a couple of months before."

Gilmore had a unique and impressive history as well.

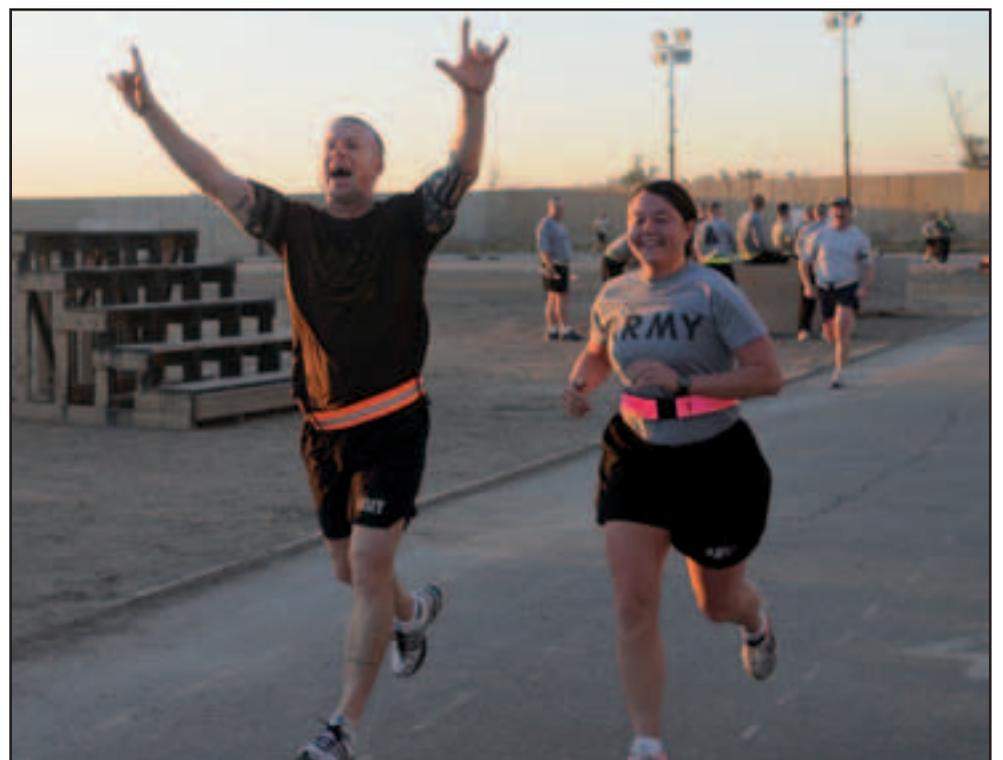
"Gilmore was the distinguished honor graduate of his Primary Leadership Development Course class, and made the Commandant's List in both his Advanced Noncommissioned Officer Course and Sergeant Major Academy classes," said Sgt. 1st Class Amanda Prier, military justice noncommissioned officer-in-charge with the JAG Corps, 103rd ESC, and an Eagle Rock, Mo., native.

Prier served in the active duty JAG Corps with Gilmore. "He was very soft-spoken for someone of his rank," said Prier. "He always listened and supported us."

The first runner finished the 5K with a time of 20 minutes, 59 seconds, and took the win with a smile. But, this run was not about first place finishers. Nor was it about receiving a t-shirt upon completion of the race. It was about remembering lost friends, and leaders.

"Gilmore lived the Army values all of his life," said Prier. "He will be missed."

The service members who came out for the run followed in the same values as those who lost their lives. They stayed true to their honor, duty, and above all else, selfless service.



(Left to right) Staff Sgt. Scott Williams, medical logistics noncommissioned officer-in-charge with the 103rd Sustainment Command (Expeditionary), and an Iowa City, Iowa, native, and Staff Sgt. Jamie Stebbing, executive assistant to the commanding general with the 103rd ESC, and a Minneapolis, Minn., native, celebrate as they cross the finish line during the Jog For Justice 5K Run Nov. 6 at Joint Base Balad, Iraq. Service members ran in memory of Chief Warrant Officer 5 Sharon Swartworth and Sgt. Maj. Cornell Gilmore, two Soldiers with the Judge Advocate General Corps, who were killed in action in 2003 in Tikrit, Iraq.

Acknowledging

STORY BY
SPC. MATTHEW KEELER
EXPEDITIONARY TIMES STAFF

JOINT BASE BALAD, Iraq—



Veterans' Day is a special time for Soldiers who are deployed at Joint Base Balad, Iraq.

In the States, it is a day that is partly celebrated with discounts for Veterans and service members to eat for free, or discounts on consumer goods. That is not the case at JBB, where Nov. 11 is a work day like every other day of the week. That does not mean that the deployed service members have forgotten the countless other Soldiers who have given their lives in the service to the United States.

In honor of Veterans' Day, the 103rd ESC held a ceremony to commemorate current and past service members. Brig. Gen. Mark Corson, commanding general of the 103rd ESC, and a Maryville, Mo., native, spoke to the gathered Soldiers about the honor and the brotherhood that comes with serving in the Army—the courage and the conviction that it has taken for men and women in the armed services throughout the history of the United States from the Civil War to today.

Many of the Soldiers in the 103rd ESC are experiencing their first deployments, and are experiencing their first Veterans' Day overseas.

"The 11th is a real day to honor those who have paid the ultimate sacrifice," said Sgt. Maj. Timothy Sallach, senior enlisted leader of G4 with the 103rd ESC, and an Oakfield, Wis., native.

Sallach enlisted in the Army in 1972, and this tour is the first time that he has been deployed to a combat zone, he said. He has been sent out to danger zones like Turkey, but never to Iraq.

'It's important to remember the Soldiers who died in World War II and those in the Civil War that helped give us the freedoms that we have today.'

- Sgt. Maj. Timothy Sallach



U.S. Army photo by Sgt. 1st Class Ray Calef

Pfc. Kenneth Devoll, a mail clerk with the 103rd Sustainment Command (Expeditionary), carries the 103rd ESC guidon during the unit's Veterans' Day ceremony Nov. 11 in front of the command headquarters at Joint Base Balad, Iraq.

Just like many Soldiers, Veterans' Day means something special for those who are deployed overseas versus those stationed back in the states. For Sallach, it means taking a look at his career and remembering the Soldiers he knew who gave their lives for this country, he said.

"It's important to remember the countless number of Soldiers who

died in World War II and those in the Civil War that helped give us the freedoms that we have today," he said.

It's many of those freedoms that the U.S. is trying to help establish in Iraq as they progress toward self-sufficiency. With the progression from Operation Iraqi Freedom to Operation New Dawn, service members' mission

has changed from combat operations to what is now the advice-and-assist mission.

For other Soldiers, like Sgt. Nathaniel Durbala, resource management noncommissioned officer-in-charge with the 103rd ESC, and a West Des Moines, Iowa, native, Veterans' Day is special in a different way. Every male on his father's side of the family has served in the armed forces in all four branches, he said. Through his family, it has garnered a level of respect for their time and service.

Durbala served from Jan. 4, 2005, to Jan. 3, 2009, in the Marine Corps, he said. He finished his term of service as a corporal, and was a land support logistics specialist.

"Serving in the military, you gain a lot of self discipline and self courage," said Durbala.

Just like Sallach, this is Durbala's first deployment to a combat zone in the armed forces. While in the Marines, he was deployed to immediate danger zones like the Philippines.

It was during one of these bilateral training exercises when a mudslide occurred in the area of the Philippines where his unit was training. The training then became a humanitarian mission to help the people affected by the natural disaster. It is a time Durbala will always remember, he said.

"During Veterans' Day, it is not only 'Thank you for your service to your country,' but [also] 'Thank you for your service to the world,'" said Durbala.

Thanks to Soldiers like Sallach, Durbala, and his family, the U.S. military will continue to be a force to be proud of for every service member.

"I'm always proud to wear this uniform and [to] stand with Soldiers and civilians during the [national] anthem," said Durbala.

Veterans, past and present



U.S. Army photo by Spc. Matthew Keeler



U.S. Army photo by Sgt. 1st Class Ray Calef



U.S. Army photo by Sgt. 1st Class Ray Calef

‘During Veterans’ Day, it is not only ‘Thank you for your service to your country,’ but [also] ‘Thank you for your service to the world.’

- Sgt. Nathaniel Durbala

ABOVE: Soldiers with the 103rd Sustainment Command (Expeditionary) bow their heads in prayer as the chaplain recites an invocation to begin the unit’s Veterans’ Day ceremony Nov. 11 in front of the command headquarters at Joint Base Balad, Iraq. Following the invocation, Brig. Gen. Mark Corson, commanding general of the 103rd ESC, and a Maryville, Mo., native, gave a speech about the immense sacrifices that service members make by serving in a time of war, and the pride that comes along with it.

LEFT and TOP: Brig. Gen. Mark Corson, commanding general of the 103rd Sustainment Command (Expeditionary), and a Maryville, Mo., native, talks to the gathered Soldiers of the 103rd ESC during the unit’s Veterans’ Day ceremony Nov. 11 in front of the command headquarters at Joint Base Balad, Iraq. He spoke about the pride and sacrifice that it takes to be a service member in a time of war.

Gospel choir welcomes members, raises morale

STORY AND PHOTO BY
SGT. BLAKE PITTMAN

110TH COMBAT SUSTAINMENT SUPPORT BATTALION

CONTINGENCY OPERATING BASE ADDER, Iraq—

Several Soldiers with the Headquarters and Headquarters Detachment, 110th Combat Sustainment Support Battalion, 224th Sustainment Brigade, 103rd Sustainment Command (Expeditionary), have been keeping their morale high by singing with the Tallil Gospel

Choir at Contingency Operating Base Adder, Iraq.

Spc. Ronneil Brown, a transportation coordination manager with the 110th CSSB, and a Miami, Fla., native, is the vice-president of the Tallil Gospel Choir, and plays the drums during worship for the Gospel service.

Brown has even performed as a mime during worship service. He is also partially responsible for recruiting all of the other 110th CSSB Soldiers who are choir members.

Spc. Brown first asked Capt. Michael Bryant, contract officer representative with the 110th CSSB, and a Thomsville, Ga., native, to join the choir after seeing him sing the national anthem at an event during Asian-Pacific Heritage Month at COB Adder. The choir was undersized due to several members being away on leave.

Bryant, who sang with the choir at his home church in Boston, Ga., agreed to sing with the group temporarily, but ended up making a permanent commitment. "I had no [intention of] singing," he said. "I just wanted to sit back and be a part of the congregation, but...it wasn't my plan."

Spc. Sejora Williams, a standard Army maintenance system operator with the 110th CSSB, and a Macon, Ga., native, was encouraged to join the choir by Bryant and Brown. She had never sung in a choir before, but said she likes that "people can come together and sing for the Lord," and she enjoys being a part of the worship team. Since joining the Tallil Gospel Choir, she has become one of its



Soldiers with the Headquarters and Headquarters Detachment, 110th Combat Sustainment Support Battalion, 224th Sustainment Brigade, 103rd Sustainment Command (Expeditionary), sing with the Tallil Gospel Choir during the gospel service at the post chapel Oct. 10 at Contingency Operating Base Adder, Iraq.

officers, serving as the secretary.

Another Soldier was invited by her fellow Soldiers in the 110th CSSB to join the choir several times, but was at first reluctant to take part. It wasn't until she happened to arrive at one of their practice sessions that Staff Sgt. Leticia Mitchell, a mortuary affairs specialist with the 110th CSSB, and a Lithonia, Ga., native, decided to lend her voice to the choir. She was returning a set of keys during the practice and ended up staying the entire time.

Prior to deployment, Mitchell was a member of the choir at her home church for two years.

Other HHC, 110th CSSB members include Spc. Shontee Kali, a human resources specialist, and a Birmingham, Ala., native; Chief Warrant Officer 2 Caleb Waldron, property book officer and a Douglas, Ga., native, who also provides music for worshippers at COB Adder. Waldron plays guitar and bass guitar for the contemporary service, and helps with the musical arrangements and singing.

Range operation provides opportunity for practice

STORY AND PHOTO BY
2ND LT. DERRICK SMITH
632ND MAINTENANCE COMPANY

CONTINGENCY OPERATING BASE ADDER, Iraq—

The 632nd Maintenance Company, 110th Combat Sustainment Support Battalion, 224th Sustainment Brigade, 103rd Sustainment Command (Expeditionary), provided a battalion-wide weapons range operation from Oct. 18 to Oct. 22 at Contingency Operating Base Adder, Iraq.

The operation supported all units within the 110th CSSB to practice with their assigned weapon system.

The weapons range supported the M16A2, M16A4, M4 and M249 rifles for companies serving under the 110th CSSB, which totaled more than 100 firers. Several Soldiers were responsible for ensuring that the range ran smoothly and that everyone was safe at all times.

The range supported the M16A2, M16A4, M4 and M249 rifles for companies serving under the 110th CSSB, which totaled more than 100 firers. Several Soldiers were responsible for ensuring that the range ran smoothly and that everyone was safe at all times.

"I had fun working at the range this week," said Spc. Sean Riherd, integrated family of test equipment operator, maintainer, and shop office standard Army maintenance system operator with the 632nd Maint. Co., and a Mediapolis, Iowa, native. "It allowed me to get out of the office and be outside working. It also made the week fly by, which is always a good thing in Iraq," he added.



Soldiers with the 632nd Maintenance Company, 110th Combat Sustainment Support Battalion, 224th Sustainment Brigade, 103rd Sustainment Command (Expeditionary), load and inspect magazines provided for the firing lines Oct. 20 at Contingency Operating Base Adder, Iraq.

According to 2nd Lt. Newman McKay, ordnance officer with the 632nd Maint. Co., and a Louisville, Ky., native, the range operations were successful.

"The range went well," said McKay, adding that it was important for Soldiers to keep improving upon their skills.

When the 632nd Maint. Co. took control

of the range, they did a sight survey and noticed that it was in bad condition.

"The range was in horrible condition, so I brought it up at the weekly meetings our company has, and we hashed out a plan with the battalion on how to make the range suitable for the Soldiers in the battalion to fire their weapons," said Sgt. 1st Class Dominic

Saunders, the range noncommissioned officer-in-charge and armament platoon sergeant with the 632nd Maint. Co., and a Baltimore native.

As a result, the range was cleaned up, improved, and prepared for range operations, which led to a successful week of range events.

Customs, courtesies class important, informative



Spc. Martin Green, an ammunition specialist with the 60th Ordnance Company, 110th Combat Sustainment Support Battalion, 224th Sustainment Brigade, 103rd Sustainment Command (Expeditionary), and an Atlanta native, gives a class on military customs and courtesies Oct. 11 at Contingency Operating Base Adder, Iraq.

STORY AND PHOTO BY
1ST LT. CHRISTOPHER WEYANT
60TH ORDNANCE COMPANY

CONTINGENCY OPERATING BASE ADDER, Iraq—

A Soldier with the 60th Ordnance Company, 110th Combat Sustainment Support Battalion, 224th Sustainment Brigade, 103rd Sustainment Command (Expeditionary), conducted a military customs and courtesies class recently for the professional development of his peers at Contingency Operating Base Adder, Iraq.

Spc. Martin Green, an ammunition specialist with the 60th Ord. Co., and an Atlanta native, taught Soldiers about lawful and unlawful orders, saluting, forms of disrespect, punishment for disrespect, the proper use of the chain of command, and the importance of professionalism.

“It is important for service members to conduct themselves properly and professionally, to include the way that they address and interact with those that are senior to them,”

said Green. “Professionalism can separate you from your peers, which can speed up your career advancement.”

Several Soldiers commented on the importance and relevance of the instruction.

“I liked the class, and I definitely thought it was beneficial,” said Spc. Sara Seifart, an ammunition specialist with the 60th Ord. Co., and a Boston native.

Green covered key issues that some younger Soldiers may not be aware of because they have not been properly taught, said Staff Sgt. Ryan Rudd, the nuclear, biological and chemical supply noncommissioned officer-in-charge with the 60th Ord. Co., and a Boston native.

“We as leaders tend to forget that these inexperienced Soldiers are new to the Army and may or may not be fully instructed on customs and courtesies, and it is our job as NCOs to ensure that they get this training, and then to drill them with it until it becomes second nature,” said Staff Sgt. Rayshun Jennings, ammunition storage NCO with the 60th Ord. Co., and a New York native. “This is why this class is important, and I think he did an excellent job at relating the material to the lower enlisted Soldiers.”

Coffee shop offers troops refreshments, relaxation

STORY AND PHOTO BY
SPC. BRETT CURRIER
224TH SUSTAINMENT BRIGADE

CONTINGENCY OPERATING BASE ADDER, Iraq— The God’s Grounds coffee shop has been providing refreshments and relaxation to service members and civilian contractors since June 5, 2007, at Contingency Operating Base Adder, Iraq. Thanks to Soldiers with the 224th Sustainment Brigade, 103rd Sustainment Command (Expeditionary), the shop did not meet an early demise.

“Before the change of management, the chapel had fallen into a state of disrepair,” said Pfc. Adam Morgan, a motor transportation specialist with the 319th Transportation Company, 110th Combat Support Sustainment Battalion, 224th Sust. Bde., 103rd ESC, and a Jacksonville, Fla., native, and one of the servers at God’s Grounds. “This included not only God’s Grounds, which was fairly unknown to Soldiers, but two other buildings and the large compound they stood on,” he said.

The coffee shop is an extension of the main post chapel at COB Adder. When the 224th Sust. Bde. came to COB Adder, the Brigade Unit Ministry Team, consisting of Lt. Col. Robert Blessing, a chaplain and a San Diego native; Staff Sgt. Jonathan Canedo, a chaplain assistant and a Hacienda Heights, Calif., native; and Spc. Brett Currier, a chaplain assistant and a Folsom, Calif., native, worked together and took over running the chapel. All three Soldiers are with the 224th Sust. Bde.

The long task began immediately, and one project at a time, the chapel was restored to its present form. Many repairs by Currier and Canedo contributed to the restoration.

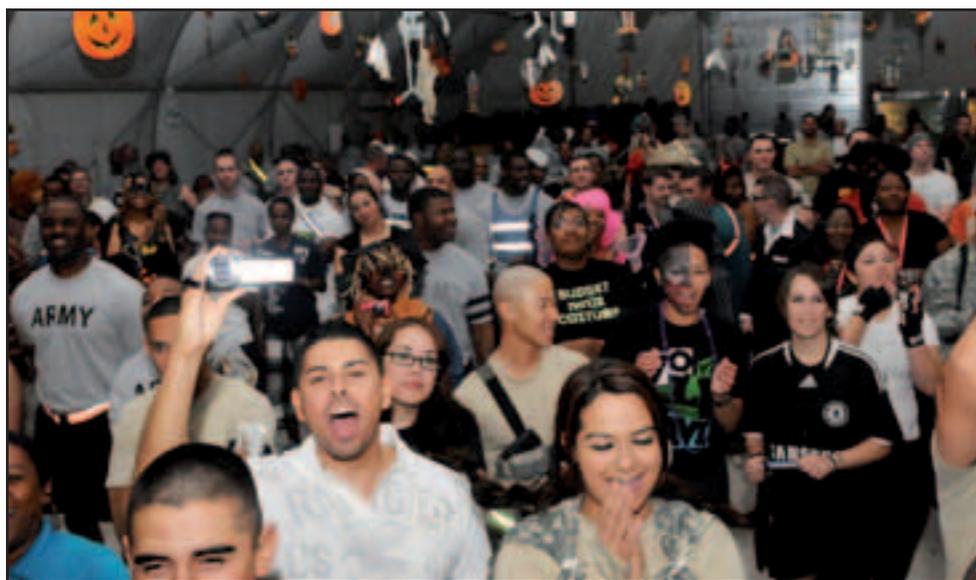
“It really went from being solely run by Staff Sgt. (Jonathan) Canedo and Spc. (Brett) Currier, with a couple other chaplain assistants here and there, to a number of volunteers,” said Morgan, who works five days a week at God’s Grounds. “We have volunteers come in



God’s Grounds coffee shop has been providing refreshments and relaxation to service members and civilian contractors since June 5, 2007, at Contingency Operating Base Adder, Iraq. God’s Grounds offers drip roast coffee and specialty drinks such as mochas, lattes, cappuccinos, espresso, tea and slushies.

regularly to work as [servers]. God’s Grounds is so important to many Soldiers because it offers them a breath of fresh air. It really is a place for them to relax, even if just for a short while, to let all their daily stressors go.”

Halloween costume contest invites creativity, humor



Service members cheer during a costume contest held as part of the “Halloween Spooktacular” event Oct. 31 at Memorial Hall at Contingency Operating Base Adder, Iraq.

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

CONTINGENCY OPERATING BASE ADDER, Iraq—

Service members conducted a costume contest for the “Halloween Spooktacular” event held by the Morale, Welfare and Recreation facility Oct. 31 at Memorial Hall at Contingency Operating Base Adder, Iraq. The event also featured music and dancing, giving service members an opportunity to relax and have fun.

Spc. Wendy Guerrero, a human resources noncommissioned officer with the 224th Special Troops Battalion, 224th Sustainment Brigade, 103rd Sustainment Command

(Expeditionary), and a Lancaster, Calif., native, won first place for the scariest costume.

Guerrero was dressed as “Sally,” the Frankenstein-like ragdoll character in Tim Burton’s film “The Nightmare Before Christmas.”

“It was awesome,” said Guerrero. “There were a lot of scary costumes. The environment was great.”

Spc. Cody Robbins, an automation specialist with the 2nd Squadron, 108th Cavalry Regiment, 224th Sust. Bde., 103rd ESC, and a Shreveport, La., native, won first place for the funniest costume.

Robbins dressed as “Geronimo,” the 108th Cav. Regt. mascot; he wore his Advanced Combat Uniform with a horse’s head and boot spurs.

“It’s an honor,” said Robbins. “I had so much fun doing it.”



Making money while buying a vehicle

SGT. 1ST CLASS RAY CALEF
EXPEDITIONARY TIMES STAFF



If you take a look at automobile classified ads on Saturdays or Sundays like me (at least when I am stateside), you notice a great number of attractive advertisements featuring any number of deals. These ads usually focus on a few key selling points vehicle dealerships concentrate on to make the most money.

“A dollar percentage off MSRP,” or manufacturers suggested retail price, “\$79 below invoice,” or “zero percent financing” are but a few examples of the goodies dealerships use to reel you in and capture your interest. Most of those deals come with trade-offs. Let’s explore some of the benefits, and of course, the pratfalls that may await you, the customer, in some of these situations.

We touched on invoice in prior columns. It is the base price a dealership pays to the manufacturer for a certain vehicle. I have said before that any invoice price you can squeeze out of a dealership and walk away with is a great deal. Everyone is happy; the dealer makes cash on the vehicle’s holdback and other possible incentives, and you walk away knowing you paid about as low as you could for the vehicle.

A dollar percentage off MSRP is a little trickier. It obviously depends on the price of the vehicle. If you are talking about a small Nissan Versa, which can be purchased for about \$17,000-18,000, versus a Cadillac Escalade, which retails close to \$60,000, the markup will determine how good of a deal it is. A Versa will not have near the markup that an Escalade has, and won’t be offered with as much off MSRP.

Zero percent financing is different. Take our Mustang example from last week. The usual advertisement will say, “\$1,500 rebate or zero percent financing for 48 months,” or something similar.

Let’s look at the rebate example. On an auto loan of \$27,500.00, with an interest rate of 5.5% for 60 months, your monthly payment is \$525.28. At the end of your term, you will have paid \$27,500.00 in principal and \$4016.92 in interest for a total payment of \$31,516.92.

Many zero-interest loans fluctuate between 36-48 months. Based on a 48-month loan, the total cost of my example (\$29,000, no rebate, remember?) is the \$29,000, however, your payments are almost \$605 a month. Many consumers may question paying an extra 80 bucks a month versus eating the \$2,516.92 in interest charges over a five-year period.

Some other pratfalls of zero percent financing? You must have sterling credit. Don’t approach the dealership if you don’t have good credit. A couple of things are at work here. Avoid falling in love with a vehicle, touched on last week, and don’t “settle” for a higher interest vehicle loan because of a less-than-stellar credit rating. As sure as the sun comes up, you can bet that the dealership will see your disappointment and still get you that vehicle, many times by getting you a loan that is higher than market value.

In the final analysis, it is better to weigh your options prior to going into a dealership regarding financing, like anything else related to buying a vehicle. Pentagon Federal Credit Union is a good resource to use if you are looking to finance a new vehicle; they cater to service members and have extremely competitive rates, some lower than factory driven incentives.

Word on the Street

What is your favorite sports team? Why?



“My favorite sports team is the North Carolina Panthers because they are awesome... Just not this season.”

Spc. Chad Watson, truck driver with the 14th Transportation Battalion, 103rd Sustainment Command (Expeditionary), and a Lenoir, N.C., native



“My favorite sports team is the Tampa Bay Buccaneers because they’re my home team and simply the best!”

Capt. Daniel McCarey, plans officer with the 14th Transportation Battalion, 103rd Sustainment Command (Expeditionary), and a Tampa Bay, Fla., native



“My favorite sports team is the University of Missouri Tigers, because they are my home team and I grew up cheering for them.”

Capt. Brandt Klawitter, chaplain with the 14th Transportation Battalion, 103rd Sustainment Command (Expeditionary), and a Hermann, Mo., native



THEATER PERSPECTIVES

“Once again, Iraqis are showing their determination to unify Iraq and build its future and that those impulses are far stronger than those who want Iraq to descend into sectarian war and terror.”

President Barack Obama said Nov. 13 in Seoul

“Our current focus in the last stage of our operation here is to continue to develop the Iraqi economic infrastructure within the local communities.”

Lt. Col. Brian Radliff, regimental deputy commanding officer of the 3rd Armored Cavalry Regiment, on the renovation of the Babylon Historic Ruins Museum

“As Iraqis continue their progress, they will have a committed and consistent partner in the United States.”

Hillary Clinton, U.S. secretary of state, promised Friday

“...The Iraqi army leadership have a lot of experience. I’ve learned a lot from them. It’s been more than just a partnership, it’s been somewhat of a friendship as well.”

Maj. Christopher Adams, an advisor for Iraq’s 2nd Commando and Department of Border Enforcement, on the progress that has been made while advising and assisting the Iraq Security Forces

“I promise the people of Anbar that al Qaeda would not return again because the people of Anbar have defeated them.”

Ahmed Abu Risha, president of the Iraqi Conference Awakening, on pursuing al-Qaeda until the end. Awakening Forces, who were formed by the U.S. Army in 2006, were able to return the security to the Anbar cities after years of violence and attacks, which were often adopted by al-Qaeda militants

ON THE HORIZON

The completion of the responsible drawdown of U.S. Forces and equipment from Iraq is in sight. According to Lt. Gen. Mitchell Stevenson, deputy chief of staff for logistics, the drawdown is 75% complete, “But, the hard part is left to go.” With fewer than 100 U.S. bases left in Iraq, the Army continues to move people and supplies out of country, while overseeing the transfer of a great deal of equipment to the Iraqi government. This complex equipment transfer will further reduce the U.S. footprint in Iraq, while ensuring the Iraqi army has what it needs to be successful. It is a significant challenge, but the Army has made strides already, and shows no signs of slowing progress until the mission is complete.

MOVING OUT

- The Army has transferred more than 904,000 pieces of equipment to the Iraqi government, including 559 up-armored Humvees
- To date, the Army has sold approximately \$500 million-worth of excess equipment to the Iraqi government
- Iraqi Army purchases some equipment that is not excess for the U.S. Army. The U.S. Army then uses the proceeds to replenish the sold items. To date, those sales equal approximately \$21 million
- Some items overseas that cannot be transported back to U.S. without breaking (i.e., housing units, concrete barrier walls) are also transferred to the Iraqi government. Value of items sold so far is about \$160 million



Sudoku

Level: Hard

The objective is to fill the 9x9 grid so each column, each row and each of the nine 3x3 boxes contains the digits from 1 to 9 only one time each.

Last week's answers

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

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

TEST YOUR KNOWLEDGE

1. What is the official state beverage of Massachusetts?
2. What food product overtook ketchup as the top-selling condiment in the United States in 1991?
3. What fruit was originally named the Chinese gooseberry?
4. Under federal guidelines, how much alcohol can there be in beer labeled "non-alcoholic"?
5. What animal's milk is used to make authentic Italian mozzarella?
6. What is the world's largest herb?

1. Cranberry juice 2. Salsa 3. Kiwi 4. Lip to 499% 5. Water buffalo 6. Banana

JBB Worship Services

CONTEMPORARY

Sunday 10:30 a.m. Gilbert Memorial Chapel (H-6)
7 p.m. Freedom Chapel (West side)

Wednesday 8 p.m. Gilbert Memorial Chapel

GENERAL

Sunday 9 a.m. Provider Chapel

GOSPEL

Sunday 11 a.m. MWR East Building
12 p.m. Freedom Chapel (West side)*
12:30 p.m. Gilbert Memorial Chapel
7 p.m. Provider Chapel

LITURGICAL (Lutheran Setting)

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

LUTHERAN

Sunday 8 a.m. Provider Chapel Annex

TRADITIONAL

Sunday 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

*Current as of Nov. 17, 2010

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)

*Starting at the end of November, the Sunday 12 p.m. Gospel service will no longer be available

FOR MORE INFORMATION

PLEASE CALL:

Gilbert Chapel 433-7703

Provider Chapel 483-4107/4115

Freedom Chapel 443-6303

JB BALAD ACTIVITIES

INDOOR POOL Swim Lessons: Mon., Wed., 6 p.m. Tue., Thu., Sat., 6:30 p.m. Aqua Training: Tue., Thu., 7:30 p.m., 8:30 p.m.	Edge Weapons & Stick Fighting Combative Training: Tue., Thur., Sat., 8-10 p.m. EAST REC- REATION CENTER 4-ball tourney: Sunday 8 p.m. 8-ball tourney: Monday 8 p.m. Open Court Volleyball: Sunday 6 p.m. Aerobics: Mon., Wed., Fri., 5:30-6:30 a.m. Yoga Class: Mon., Friday, 6-7 a.m. Step Aerobics: Mon., Wed., Fri., 5:30 p.m. Conditioning Training Class: Mon., Wed., Fri., 7:15-8 p.m. Brazilian Jiu-Jitsu: Mon., Wed., Fri., 8-9 p.m. Abs-Aerobics: Tue., Thu., 6-7 a.m., 5-6 p.m.	Caribbean Night: Friday 8 p.m. Chess & Dominoes Tourney: Friday 8 p.m. Salsa Class: Saturday 8:30 p.m. Poker: Saturday 7:30 p.m. H6 FITNESS CENTER Spin: Sunday 9 a.m. Swing Class: Tuesday 8 p.m. Table Tennis: Tuesday 8 p.m. Plastic Models Club: Wednesday 7 p.m. 9-ball tourney: Wednesday 8 p.m. Dungeons & Dragons: Thursday 7:30 p.m. Poetry Night: Thursday 8 p.m. 6-ball tourney: Thursday 8 p.m.	8 p.m. Friday 9 p.m. CC Cross Fit: Mon., Saturday 10:30 p.m. Cross Fit: Mon., Wed., Fri., 5:45 a.m., 7 a.m., 3 p.m., 6 p.m. Tue., Thu., 7 a.m., 3 p.m. P90x: Mon., Sat., 4:30 a.m., 4 p.m., 10 p.m. Midnight Soccer: Tue., Thu., 8 p.m. Yoga: Wednesday 8 p.m. MACP Level 1: Friday 8 p.m. 5 on 5 Basketball: Saturday 8 p.m. H6 RECRE- ATION CENTER Bingo: Sunday 8 p.m. Texas	Hold'em: Mon., Fri., 2 p.m., 8:30 p.m. 8-ball tourney: Tuesday 2 a.m., 8:30 p.m. Ping-pong tourney: Tuesday 7:30 p.m. Spades: Wednesday 2 a.m., 8:30 p.m. Salsa: Wednesday 8:30 p.m. 9-ball: Thursday 2 a.m., 8:30 p.m. Karaoke: Thursday 8:30 p.m. Dominos: Saturday 8:30 p.m. Darts: Saturday 8:30 p.m.	Ping-pong tourney: Tuesday 8 p.m. Foosball tourney: Tuesday 8 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. WEST FIT- NESS CENTER 3 on 3 basketball tourney: Saturday 7:30 p.m. 6 on 6 volleyball tourney: Friday 8-10 p.m.	7 p.m. Aerobics: Mon., Wed., Friday 7 p.m. Body by Midgett Toning Class: Tue., Thu., 7 p.m. Dodge ball Game: Tuesday 7:30 p.m. Furman's Martial Arts: Mon., Wed., Sun., 1 p.m. Gaston's Self-Defense Class: Fri., Sat. 7 p.m. Open court basketball: Thursday 7 p.m. Open court soccer: Mon., Wed., 7 p.m. Zingano Brazilian Jui Jitsu: Tue., Thu., 8:30 p.m. CIRCUIT GYM Floor hockey: Mon., Wed., Fri., 8-10 p.m.
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UPCOMING SPORTS ON AFN



Wednesday 11/17/10

COLLEGE BB: Virginia Tech @ Kansas State, Live
Midnight AFN Sports
COLLEGE BB: Ohio State @ Florida, Live 2 a.m. AFN Sports
COLLEGE FB: Ohio @ Temple, Live 4 a.m. AFN Xtra
NBA: Philadelphia 76ers @ Cleveland Cavaliers, Delayed 11 a.m. AFN Sports
SOCCER: US Men's vs South Africa, Live 10 p.m. AFN Sports

Thursday 11/18/10

NBA: Phoenix Suns @ Miami Heat, Live 3 a.m. AFN Sports
COLLEGE: Live Football, 4 a.m. AFN Xtra
NBA: Chicago Bulls @ San Antonio Spurs, Live 5:30 a.m. AFN Sports
NBA: Dallas Mavericks @ New Orleans Hornets, Delayed 11:30 p.m. AFN Sports

Friday 11/19/10

COLLEGE BB: Hofstra vs North Carolina, Live 1 a.m. AFN Sports
COLLEGE FB: UCLA @ Washington, Live 4 a.m. AFN Xtra
NBA: Phoenix Suns @ Orlando Magic, Delayed 11:30 a.m. AFN Sports
COLLEGE: Air Force @ UNLV, Delayed 6 p.m. AFN Sports

Saturday 11/20/10

NBA: Oklahoma City Thunder @ Boston Celtics, Live 3 a.m. AFN Xtra
NBA: Chicago Bulls @ Dallas Mavericks, Live 5:30 a.m. AFN Xtra
COLLEGE: College Gameday, Live 6 p.m. AFN Sports

Sunday 11/21/10

COLLEGE: Live Football, 11 a.m. AFN Sports
NASCAR: Ford 300, Delayed 12 p.m. AFN Xtra
COLLEGE: Football, Delayed 2 p.m. AFN Xtra
COLLEGE: Football, Delayed 5 p.m. AFN Xtra
NASCAR: Ford 400, Live 9 p.m. AFN Xtra
NFL: Football, Live 9 p.m. AFN Prime Atl.

Monday 11/22/10

NFL: Football, Live 11 p.m. AFN Prime Atl.
NFL: New York Giants @ Philadelphia Eagles, Live 4:15 a.m. AFN Sports
NHL: New York Islanders @ Atlanta Thrashers Delayed 7:30 a.m. AFN Xtra
NFL: New York Giants @ Philadelphia Eagles, Delayed 9 p.m. AFN Sports

ARTS & ENTERTAINMENT

'The Sports Lounge': NFL at halfway point

BY SGT. 1ST CLASS RAY CALEF
EXPEDITIONARY TIMES STAFF



The NFL is at the halfway mark so far, and there are quite a few surprises based on what was "supposed" to happen according to the experts. Let's break it down by divisions. In the American Football Conference North Division, the Steelers lead by a half-game over the Baltimore Ravens, who lost a heartbreaker on a Thursday night special to the Falcons.

The big news for the Steelers had been next-man-in at quarterback, as they won a few games with lesser know QBs until Big Ben Roethlisberger came back from his suspension to spark Pittsburgh. They have one of the best defenses in the league; they only give up 58 yards rushing a game. The Ravens are right behind them at 6-3, and have a stout defense as well.

The Browns have had a couple of nice wins the last two weeks over the defending Super Bowl champion Saints and the now 6-2 Patriots, but at 3-5, have a big hole to climb

out of. The Bengals' season appears lost at 2-6, along with Coach Marvin Lewis's job.

In the AFC South, the Titans and Colts are tied at 5-3. The Titans are playing well now, and the Colts have Peyton Manning. It should be a great race to the finish. The Jaguars and the Texans have some nice wins and are only a game back, but their defenses are both suspect.

The Jets and Patriots are tied atop the AFC East, although the Jets have looked more like a legitimate champion with their defense. The Pats still have Tom Brady and Bill Belichick. The Dolphins are even at 4-4, but have not shown enough explosiveness on either side of the ball to be considered a contender. The Bills are 0-8. 'Nuff said.

The AFC West is perhaps the most intriguing division. The surprising Raiders and Chiefs sit tied at 5-3. Tom Cable of the Raiders is being considered for coach of the year. The Chargers sit at 4-5 but are playing good football after a slow start. The Broncos' season is lost at 2-6; their defense is awful.

Over in the National Football Conference, the NFC South has the best race on-going. The Falcons, with a nice blend

of rushing and passing and late game heroics from quarterback Matt Ryan, sit at 7-2, with the Saints at 6-3 and the surprising Buccaneers at 5-3. Carolina has the second worst record in football at 1-7.

The most mediocre division is the NFC West, where the Rams and Seahawks sit in the lead at 4-4. A nice story is Heisman winner Sam Bradford, who is enjoying a nice rookie season. The Cardinals have won three games with mirrors, and the 49ers didn't win until week five.

The NFC North has a race, with Packers and Bears neck and neck. The Lions have played better this year, and the Vikings? Good Lord. My favorite team is literally a soap opera, although they have a very light schedule the rest of the way...who knows?

The Giants look like the best team in the NFC, and will win the East. The Eagles are good, just not as good as New York. The Redskins are better, but won't make the playoffs, and the Cowboys? Wow.

Next week we will examine college football as we wind down toward the Bowls. With only a few weeks left, the conference races and BCS selections will be decided.

'Devil': A twisted thriller with an intriguing plot

BY SPC. MATTHEW KEELER
EXPEDITIONARY TIMES STAFF



Just like any other story by M. Night Shyamalan, there is the concern that this movie will have a twist that will ruin the entire movie. Thankfully, that is not the case in "Devil."

Directed by John Dowdle, this movie takes the audience on a non-stop adventure through the lives of five individuals trapped on an elevator in a large business building in Philadelphia.

During the film, the plot evokes within its audience the fear of being trapped. How long could you stay inside a little steel box, dangling hundreds of feet above the ground, before losing your sanity? On top of that, you are stuck with four other strangers, and you don't know how dangerous they are. Dowdle did an excellent job of portraying five of the oddest and unnerving characters to be locked in an

elevator together.

The first character is a cheesy, obnoxious salesman played by Geoffrey Arend. He does a good job at creating an annoying person who you might find at any retail store. The next character is an older woman, played by Jenny O'Hara. O'Hara does a great job of creating an unnerving force throughout the entire film. The third character is a young woman, played by Bojana Novakovic. Her role for most of the film is the "pretty face." From her few lines, you can tell there is more to her than what the audience sees, but it isn't revealed until much later in the film. The fourth trapped character is a new security guard at the building, played by Bokeem Woodbine. He is mostly just the muscular, angry character for most of the film. He has few lines and even fewer moments when he is not yelling or offering threats to the other trapped characters. Finally, a former service member who is looking for a full-time job, portrayed by Logan Marshall-Green, completes the group. For the most part, Marshall-Green does a good job of being calm and

rational. This parallels Woodbine's aggressive character in a strange, civilian-versus-service member way in tight situations.

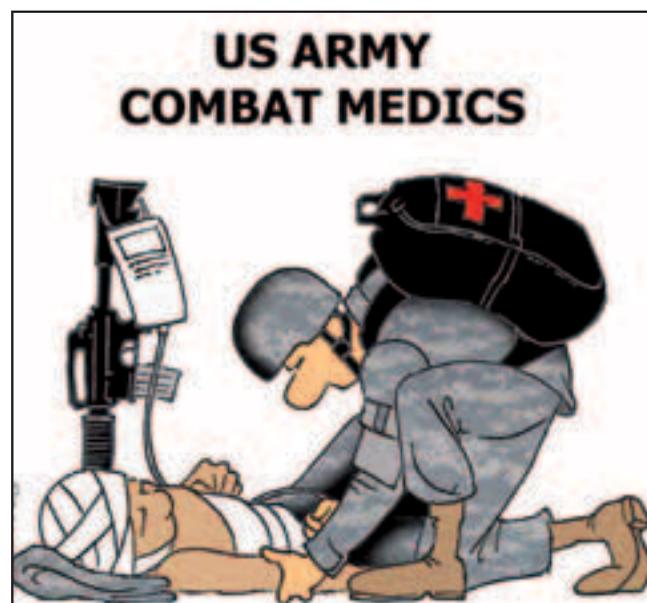
What all of these trapped individuals have in common is that they are not as honest as they seem. Each one has committed sins for which, in the eyes of the devil, they should be punished.

The story builds more upon the desperation for survival than on the religious aspect of the situation. What is more important? Physical or spiritual survival? Would you rather be alive, but damned, or perish with a clear conscience? Not an easy choice.

"You might consider that one of these people might be the devil," said Ramirez, a security guard working at the building. Perhaps this is the best line in the movie, because it raises a question to the audience. What if we are all devils already?

"Devil" is a great movie with a solid story and effective acting. I give it a 4.5 out of 5; a movie that you should see.

PVT MURPHY'S LAW



Wednesday November 17
5 p.m. Megamind (PG) (1st Run)
8 p.m. You Again (PG)

Thursday November 18
5 p.m. The Town (R)
8 p.m. Megamind (PG) (1st Run)

Friday November 19
6 p.m. Easy A (PG-13)
9 p.m. Unstoppable (PG-13) (1st Run)

Saturday November 20
5 p.m. Wall Street: Money Never Sleeps (PG-13)
8 p.m. Unstoppable (PG-13) (1st Run)

Sunday November 21
5 p.m. Unstoppable (PG-13) (1st Run)
8 p.m. Easy A (PG-13)

Monday November 22
5 p.m. Wall Street: Money Never Sleeps (PG-13)
8 p.m. Unstoppable (PG-13) (1st Run)



U.S. Army photo by Lee Craker, United States Forces-Iraq Public Affairs Office

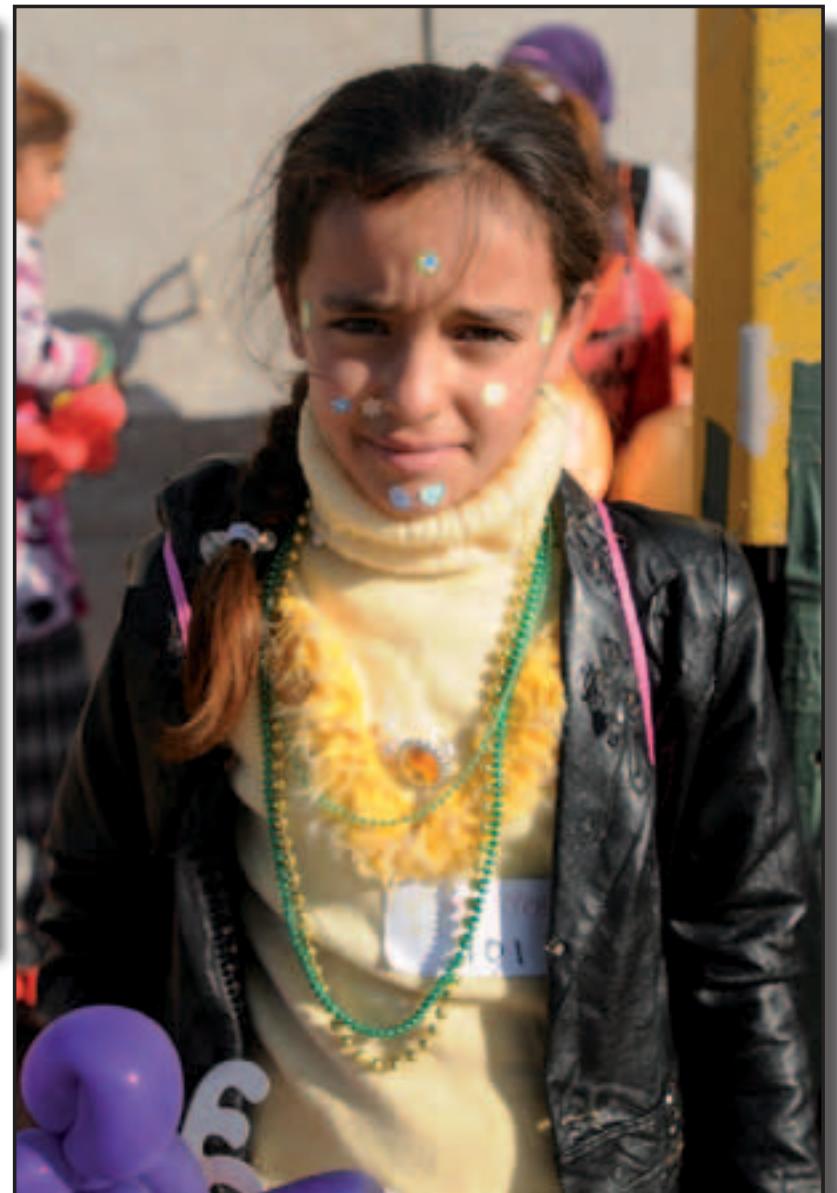
Service members hold U.S. flags provided to them after becoming U.S. citizens. Fifty service members from across Iraq took the Oath of Allegiance and became U.S. citizens during a Veterans' Day Naturalization Ceremony sponsored by United States Forces-Iraq in Al Faw Palace at Camp Victory, Iraq.



U.S. Army photo by Sgt. 1st Class Ray Calef

ABOVE: Brig. Gen. Mark Corson, commanding general of the 103rd Sustainment Command (Expeditionary), and a Maryville, Mo., native, talks to the gathered Soldiers of the 103rd ESC during the unit's Veterans' Day ceremony Nov. 11 in front of the command headquarters at Joint Base Balad, Iraq. He spoke about the pride and sacrifice that it takes to be a service member in a time of war.

RIGHT: A local Iraqi girl smiles with the toys given to her by service members during Iraqi Kids Day Nov. 6 at Joint Base Balad, Iraq. All of the approximately 130 children who attended the event received soccer balls, coloring books and stickers at the end of the day.



U.S. Army photo by Spc. Matthew Keeler